

# NORTHEAST VOICE

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

Aug/Sept 2019



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## Sport Explorerz Fall Registration for McLeod, Lago Lindo, Evansdale, and Kilkenny

Do you have a child aged 3-6 that would like to meet new kids, have fun and learn active fundamentals?

In Sport Explorerz, your child will begin to acquire fundamental movement skills such as balance, coordination, agility and social skills. Whether for competitive or recreational play, these fundamental skills will help your child further develop the basis for their sport training (running, jumping, kicking, throwing, etc.) Sport Explorerz focuses on these basic skills in a fun and engaging way.

Through active play, your

child will have the opportunity to develop and build on:

- 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

The fall 2019 session is 7 weeks in length, October 20-December 12 (no classes the week of November 10). Fees are \$50 (each child re-



ceives a Sport Explorerz t-Shirt). 1 volunteer service is required. Parent attendance is required and participation is encouraged.

**Sundays**, 1-1:45pm (Ages 3-4), 2-2:45pm (Ages 3-4), 3-4pm (Ages 5-6) at McLeod

**Mondays**, 6-6:45pm (Ages 3-4) or 7-8pm (Ages 5-6) at Lago Lindo

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

**Wednesdays**, 6-6:45pm (Ages 3-4) or 7-8pm (Ages 5-6) at Kilkenny

For Registration dates and locations please visit <http://sportexplorerz.ca/> or contact your community league program director.

## PARTY AT THE POINT!!



VantagePoint Community Church  
6712 Delwood Rd, Edmonton AB  
Sunday, August 18, 2019  
11 a.m. - 3 p.m.

(Outside Service starts at the 11 with the Party to follow)  
Join us for Food, inflatables, live music, Entertainment, and Dan the balloon man  
At 2 p.m. we will be handing out school supply packages for all children in attendance from kindergarten to grade 12.  
Cost: FREE

### Upcoming Events in the Northeast

#### August:

- 1, 8, 15, 22, 29: Adult Game Night at EPL Londonderry; 6:30-8:30pm
- 6: Bumblebees & Wild Berries at EPL Londonderry; 11-11:45am
- 8: Demigods Monsters & Myths at EPL McConachie; 2-3pm
- 12, 14, 19, 21, 26, 28: Hapkido at Northmount: 7:30pm
- 15: Toolbox Fun at EPL Londonderry; 2-2:45pm
- 15: Canadiana at EPL McConachie; 2-2:45pm
- 15: NEBA Breakfast Mixer & Networking Event at The Chiropractic Wellness Studio 13812 40 St; 7:30-9am
- 21: Park Night with Amity House at Northmount: 6-9pm
- 22: Slime(y) Science at EPL Londonderry; 2-3pm
- 23: External Performer Cornelius Copperpot at EPL McConachie; 2-2:45pm
- 28: Sports and Program registration at McLeod 6-830pm
- 29: NEBA Luncheon at Fairfield Inn & Suites 581 Griesbach Parade; 11:30am-1:30pm

#### September:

- 4, 9, 11, 16, 18, 23, 25, 30: Hapkido at Northmount: 7:30pm
- 4: Sports and Program registration at McLeod 6-830pm
- 5, 12, 19, 26: Adult Game Night at EPL Londonderry; 6:30-8:30pm
- 5: Lego at the Library at EPL McConachie; 3-4pm
- 6: Youth Talk at EPL Londonderry; 3:30-5pm
- 7: Makercade at EPL McConachie; 3-4pm
- 7: Lego at the Library at EPL Londonderry; 11:15-12:15
- 7: Sports and Program registration at McLeod 6-830pm
- 8: Makercade at EPL Londonderry; 4-5pm
- 12: Community Partner Presentation on Mindfulness at EPL Londonderry; 7-8pm

### September continued:

- 12: NEBA Business Introductory & Networking Event at Chateau Nova 13920 Yellowhead Trail; 5-7pm
- 21: Community League Day at McLeod and Matt Berry Parks; 1-3pm
- 25: Baby Laptime at EPL McConachie; 2-2:30pm

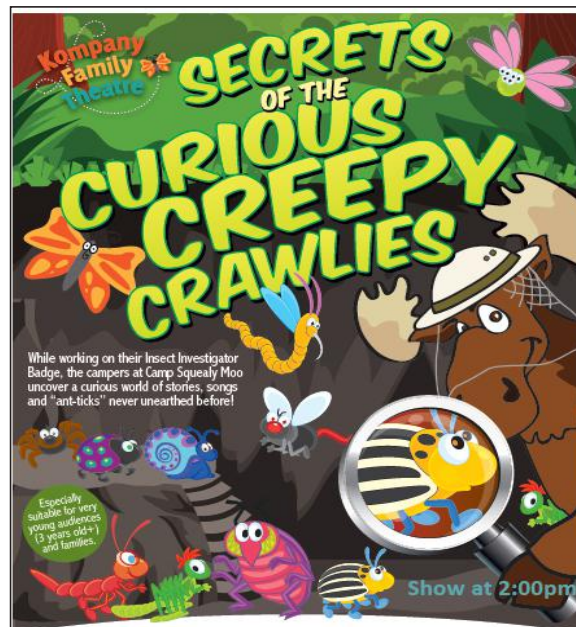
#### October:

- 2, 7, 9, 14, 16, 21, 23, 28: Hapkido at Northmount: 7:30pm
- 3, 10, 17, 24, 31: Adult Game Night at EPL Londonderry; 6:30-8:30pm
- 16: NEBA 5 Year Anniversary Celebration at Source Office Furnishings 14835 137 Ave; 5-7:30pm
- 24: McLeod AGM; 630pm

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:

- 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 (NESA) – 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



### FREE EVENT

- Hot Dogs (all beef)
- Juice donated by ATB Hollick-Kenyon
- Fruit donated by Miller Crossing Farmers Market
- Cupcakes donated by MLA Heather Sweet
- Bouncy Castle
- Crafts
- Balloon Twister
- Face Painter
- Edmonton Public Library
- Edmonton Tool Library
- Norwood Centre
- Northeast Edmonton Early Childhood Development Coalition
- Donations accepted for the Food Bank

## McLeod

Community League Day  
"Get to Know Your Neighbors"

Saturday, September 21, 1:00-3:00pm  
McLeod Centre 14715-59 Street

# Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

## Evansdale Community League Board & Committees

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

Jeff Muiselaar	President	780-478-1759	<a href="mailto:president@evansdale.ca">president@evansdale.ca</a>
Shawna Walsh	Past President	780-237-2169	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
David Dodge	Director of Sustainability	780-478-6162	<a href="mailto:sustainability@evansdale.ca">sustainability@evansdale.ca</a>
Vacant	Soccer Director		<a href="mailto:soccer@evansdale.ca">soccer@evansdale.ca</a>
N/A	Treasurer		<a href="mailto:treasurer@evansdale.ca">treasurer@evansdale.ca</a>
Sue Harris	Credits	780-473-8796	<a href="mailto:credits@evansdale.ca">credits@evansdale.ca</a>
Jim Young	Secretary		<a href="mailto:secretary@evansdale.ca">secretary@evansdale.ca</a>
Elaine Sarac	Membership Director	780-476-7442	<a href="mailto:membership@evansdale.ca">membership@evansdale.ca</a>
Todd Sharkey	Hockey Director	780-238-3910	<a href="mailto:hockey@evansdale.ca">hockey@evansdale.ca</a>
Shawna Walsh	Bingo Director		<a href="mailto:bingomanager@evansdale.ca">bingomanager@evansdale.ca</a>
Jenilee Hoffort	Programs/Sport Explorerz Director	780-984-3298	<a href="mailto:programs@evansdale.ca">programs@evansdale.ca</a>
Jim Ragsdale	Director at large		
Mai-Linh Huynh	Newsletter & Social Media	780-680-9408	<a href="mailto:newsletter@evansdale.ca">newsletter@evansdale.ca</a>
Jeff Muiselaar	Area 17 Representative	780-478-1759	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
Shannon Moses	Belle Rive/Poplar Park Sign Volunteers		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Jim Young	Evansdale Sign Volunteer		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
N/A	Eaux Claires Playground	780-641-6171	<a href="mailto:ecbr@evansdale.ca">ecbr@evansdale.ca</a>
Terri	Hall Rentals	780-478-4444	<a href="mailto:hallrentals@evansdale.ca">hallrentals@evansdale.ca</a>
N/A	Skating Rink	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	<a href="mailto:Cassandra.Rijavec@bgcbigs.ca">Cassandra.Rijavec@bgcbigs.ca</a>

### Visit Our Website and Facebook Page

Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!

Website: [www.evansdale.ca](http://www.evansdale.ca)

Facebook Page: [www.facebook.com/evansdalecommunityleague](http://www.facebook.com/evansdalecommunityleague)

## Evansdale Hall Rental Information

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).

## 2019-2020 Eagles Hockey Registration Process

**Hello Evansdale hockey families,**

I'd like to wish everyone a safe and enjoyable summer! The 2019-2020 Hockey Registration is now open. All players registering with the Eagles for Novice, Pee-wee and Atom levels must register online using Hockey Canada's Online Registration system. Please refer to the Eagles website at [www.edmontoneagles.ca](http://www.edmontoneagles.ca) for further registration details. Please be aware that if you are registering a player for the first time families must take the Hockey Canada Respect in Sport program

before players will be given tryout/evaluation ice times. Once a player is registered, a parent will then need to attend one of the following dates to sign-up for their community league commitments, purchase their community league membership, get ice times and pay fees if not mailed in or paid online:

**Wednesday August 21 or Wednesday August 28** at Evansdale Hall  
9111 - 150 Avenue  
from 7:00pm to 9:00pm  
Midget (born 2002-2004) and Bantam players (born 2005-2006) will register with either the Northeast

Zone Sports Council (NEZ) for the 'BB' program.

Bantam and Midget players registering with the NEZ for the 'BB' program can register online with the NEZ at [playnezhockey.ca](http://playnezhockey.ca)

Check out the MLAC website @ [www.mlac.net](http://www.mlac.net) for more information

about their program and registration information.

Do not register for BOTH the 'AA' program and the 'BB' program.

All the Best,  
**Todd Sharkey**  
Hockey Director  
Evansdale Community League

## Yoga at Evansdale is Back for Fall

Want a gentle yet invigorating way to get back into your routine? Give yoga a try! This supportive, positive class will support you in your journey toward greater strength, flexibility, balance and peace of mind. All levels welcome. To register or for more information please contact [evansdaleyoga@gmail.com](mailto:evansdaleyoga@gmail.com). Namaste! 12 Thursdays



7:30pm - 8:30pm  
September 12 - December 5  
No class October 31

Evansdale Hall, 9111-150 Ave  
- \$135 for 12 weeks, cash only  
- Or \$13/class for drop-in  
Please bring a mat, towel and water  
No previous experience necessary.  
Contact [evansdaleyoga@gmail.com](mailto:evansdaleyoga@gmail.com) to register or for more info

## 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 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

# WEISS-JOHNSON

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Call for a **FREE** estimate today! **780-463-3096**  
or book online at [weiss-johnson.com](http://weiss-johnson.com)

\*conditions may apply

## Dance the Calories Away at Wednesday Night Zumba

Join this fantastic Zumba® married couple instructors, Emilio & Amanda for an hour of sweating, laughing and dancing to International Rhythms to help you achieve your fitness goals—while you're having fun.

No dance experience necessary. All you need is your excitement, enthusiasm and great attitude and you'll be wondering why you haven't done this earlier.

Date: Sept 11 - Dec 4, 2019  
Time: Wednesday evening at 7:00-8:00 PM  
Place: Evansdale Community Hall, 9111 - 150 Avenue



Cost: \$120 for 13 classes or \$13 drop-ins  
Bring: Water-bottle and small towel

Contact Emilio & Amanda @ 780-238-6919 to pre-register. Limited space so register early to reserve your spot.



**MOVE. LEARN. PLAY.**

- + SWIMMING LESSONS
- + BALLET AND JAZZ
- + GUITAR
- + POTTERY FOR SENIORS
- + KUNG FU PANDAS

Hundreds of drop-in activities and registered programs for all ages and abilities.

[MOVELEARNPLAY.EDMONTON.CA](http://MOVELEARNPLAY.EDMONTON.CA)

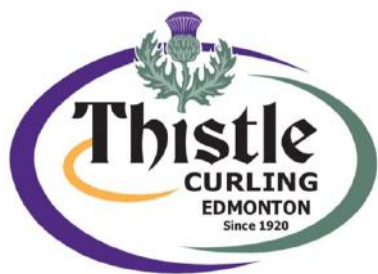


### New & Experienced Curlers Needed!!

Join Learn to Curl or an Adult Fun League.

Try Stirling (2-person teams) Curling, 6 end game, no sweeping required.

Mixed, Open, Women, Men, Junior, & Little Rock leagues also available.



Curling Starts End of September, Hope to See You there!!

Contact us: [www.thistlecurling.ab.ca](http://www.thistlecurling.ab.ca) 780 477 8142 thistlecc@shaw.ca

## Get by with a little help from your friends

Your social circle can add health and happiness to your life

Good friends influence our lives, shaping how we feel, think and act. They know our dreams and fears. They cheered when we won that school race and rallied when we lost a high school sweetheart. They toasted our first promotion and flew back for

our wedding.

It's our friends—the ones we turn to when we need a favour, a shoulder to lean on, some advice or well-earned praise—who benefit our health the most. Caring friends not only help us cope better emotionally, but evidence shows these strong bonds help us manage anxiety or grief by lowering our

blood pressure and heart rate and decreasing the stress hormone cortisol.

Janet Halberg, who moved several times because of her husband's job, learned how to meet people and make friends. "It's not easy putting yourself out there, but you have to remember that you're not the only one (looking)."

As a gardener and self-described dog person, Halberg always found a local gardening group or dog club to join. She also volunteered for various groups and made a point of meeting her neighbours. After her divorce at 55, Halberg joined a gym, took up golf and began playing bridge with colleagues from work.



Beyond personal interests, your community centre, local library, place of worship or favourite charity are other places to meet people. There

is no prescribed quota on friends. Some prefer one or two close friends to confide in, while others enjoy more casual connections with a diverse group of friends.

Making friends may seem daunting, but those new friendships could be a source of health and happiness for decades to come.

## Ask Charles

**I saw a house for sale, and I want to check it out—will I have to sign a contract to get a real estate professional to show me the house?**

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or

your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships be-



tween real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working relationship with your real

estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsi-

bilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a

single property, but that specific practice is not a requirement.

"Ask Charles" is a question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [ask-charles@reca.ca](mailto:ask-charles@reca.ca).

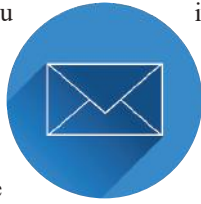
# Kilkenny Community League News

## Kilkenny Community League Yard Sale

Do you find Garage Sales irresistible? Found a few extra items that need a new home during your spring cleaning? Kilkenny will hold a garage sale on Friday July 5th 12-8 and Saturday July 6th 10-6. Set up will be the Thursday night prior July 4th 5-8. Call Anna (780-478-3269) or email [President@Kilkenny.ab.ca](mailto:President@Kilkenny.ab.ca) to book your table by June 20th (\$20).

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



## Talents to Share? Want a New Program?



Are you interested in starting a bridge club, a fitness group, a new parents group? Do you have an idea for a social event? Are you willing to organize a block party or special event? We are open to your ideas, your passions, and your skills and would love for you to join us and bring more ideas, activities and events to our community. Please contact us to share! We recently had some feedback from one of our board members at large hoping to see more programs at Kilkenny, and we couldn't agree more! If you are interested, contact us. There is assistance available to any who would like to start a new program but are daunted by the task. We just need people with "the will", we'll help with "the way"!

## Board Meetings



Become a part of your community & get involved! Board meetings are held the second Tuesday every month (excluding July & August) from 7:00pm – 9:00pm in the Meeting Room of Kilkenny Hall. Please check the calendar for modifications to that recurring meeting series.

## Indoor Soccer Registration



EMSA's website will begin accepting registration on August 1, 2019, for the 2019/2020 Indoor Soccer Season. Remember: your registration is not complete until you visit an Kilkenny Community League Registration. Dates to follow. Get ready!!

## Program Guides

The following City of Edmonton's program guides are available online at [www.edmonton.ca/programguides](http://www.edmonton.ca/programguides)

Summer in the City (July-September 2019) These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions.

Rec Centres Summer Guide (July-August 2019) Fitness classes, swimming lessons, programs, day-camps, pool schedules, and facility information at City recreation centres.

Summer Day Camps

## Community League Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing

## Play School

Kilkenny Playschool is a community owned and parent-run co-operative offering programs for children 3 and 4 years of age. Classes are held in the Kilkenny Community League Hall located at 14910 – 72 street. It is a self-funded, non-profit organization supported by registration fees and fundraising activities. Every effort is made to keep fees reasonable and to spend those fees for the

benefit of the students, with the majority spent on teacher salary. They are also subsidy approved.

● Play School Open House: August 8, 2019 @ 7:00-8:00pm

● Play School Registration: August 28, 2019 @ TBA

● For more information – check out their website: <https://kilkennyplayschool.wixsite.com/kilkennyplayschool>

## Sports Registration Dates

- August 22, 2019 @ 6:30-8:00pm
- August 29, 2019 @ 6:30-8:00pm
- September 5, 2019 @ 6:30-8:00pm

## Kilkenny Preschool

Kilkenny Pre-School Registration mid July. Keep an eye on the website for further details.

## 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.

## Sports Registration

Sports registration August 19 and 28 at Evansdale hall

## Host Families Wanted

The English Language School at the University of Alberta welcomes groups of students from international universities during the summer. The groups arrive at various times between June and September. The students usually stay with a host family from one week up to a month.

Students are at least 18 years-old and will be using public transportation to get to campus. Students attend

classes Monday to Friday. Host families receive an honorarium of \$850 per month (or \$28 per night). Open your home to an international student this summer and enjoy a cross-cultural exchange that will provide lasting memories for your family. For more information on becoming a host family this summer, contact Trudy Stevens, at [trudy.stevens@ualberta.ca](mailto:trudy.stevens@ualberta.ca) or by phone at 780.492.0071



Guide (Summer 2019) Your guide to day camps at City of Edmonton facilities and in your neighbourhood.

Recreation Opportunities for People with Disabilities (2018-2019) Recreation and leisure opportunities for people with special needs at locations across the city.



Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

\* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms,

racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit <http://www.edmonton.ca/wellness>

# 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

## VOLUNTEERS NEEDED

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

### Various positions available!

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

### *We need your help!*

*Londonderry Community League  
can only keep the doors open  
by relying on dedicated volunteers.*

## Londonderry Community League Hall Rental

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



## Community GARAGE SALE

Saturday  
SEPT. 28, 2019  
9 am - 4 pm



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

**35 Tables to Choose From  
First Come, First Pick for Spot**

\$10 - LCL Members  
\$20 - Non-Members  
\$20 - Home Based Businesses  
Includes one 8' rectangular table & 2 chairs  
Setup on Friday, Sept. 27, 2019 6pm - 8pm

**Register at:**

[president@londonderry.online](mailto:president@londonderry.online)  
or 780-819-1214

**JOIN US**

## Community Safety



The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website [www.edmontonpolice.ca/reportacrimeonline](http://www.edmontonpolice.ca/reportacrimeonline)

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft

under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

EPS Mobile App  
Access everything for the Edmonton Police Service in just a single app on your mobile device. And more!

Download on the App Store. Get it on Google play.

Stay connected: Easy access to EPS' Facebook, Twitter, YouTube, Instagram, and Pinterest accounts.

Stay informed: Direct route to EPS' media releases, alerts, and crime files.

Stay safe: Report a crime online, locate the station nearest you, and get through the stress of a collision with our handy collision tips.

And more!

## Eating healthy during barbecue season

Did you know that barbecues can include healthy foods and still taste great? Here are some ideas to get you started:

**Meat:** Look for lean cuts of meat or poultry without skin. Choose fish and shellfish for variety. Season your meat, poultry or fish with your favourite herbs and spices without added salt.

**Meatless:** Try barbecued tofu-use firm or extra firm tofu and season with herbs and spices or try a marinade. Rub with oil or use a non-stick cooking spray to keep it from sticking to the grill. Grill for 6-7 minutes per side.

**Kabobs:** Cut up colourful vegetables such as bell peppers, onions, zucchini, mushrooms, and tomatoes and cook them on a kabob stick. Let everyone in the family make their own kabobs.

**Sides:** Bake potatoes or yams wrapped in aluminum foil on the barbecue. This



method also works well with corn on the cob.

**Salads:** Offer raw vegetables or green salad as a side dish with the meal. Mix low fat plain yogurt with ingredients such as lemon or lime juice, herbs and spices to make tasty dips and dressings. Add chickpeas, beans or lentils to salads to add variety and protein.

**Dessert:** Try grilled pineapple rings, plums or peach-

es with a little bit of low fat yogurt. Or, take advantage of ripe seasonal fruit such as berries and watermelon. Serve them cut up for everyone to enjoy.

**Drinks:** Make your own flavoured water using lemon or lime wedges, mint leaves or frozen berries.

For more tips and information, search "healthy eating" at [ahs.ca](http://ahs.ca).

Source: [ahs.ca](http://ahs.ca)

# African Inter-Cultural Worship Festival

**Saturday, August 24**  
**1:00 - 4:00pm McLeod Field**  
**(149 Avenue/58 Street)**

Hosted by Steele Heights Baptist Church  
SHBC.CA



Emmanuel Sebaziga



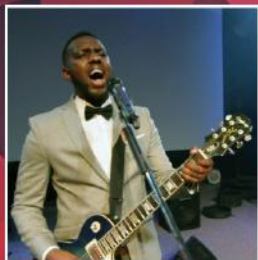
Pastor Darren Platt



Pastor Robert Ndayemeye



Pastor Bonnie Coram



Nice Ndatabaya



SHBC Worship Band

**Worship the Lord with gladness; come before him**  
**with joyful songs. Psalm 100:2**

Free Refreshments Available



## Heat Related Illness



With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

### Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

# McLeod Community Early Learning and Child Care Centre

"Learning through play in a safe and caring environment inspired by God's Word"

## OPEN HOUSE

**July 30 & Aug 27 6:15 - 8:00 pm**

**5812 - 149 Avenue** (come to the back of building)

Full - day Christian program  
ages 19 months - 12 years &  
Preschool Program ages 3 & 4

**(780) 473-5437 or shbc.ca/childcare**

Denture Specialist - Over 35 Years Experience

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**AT NO COST  
TO YOU\***

\*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton



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Right beside the Medical Clinic

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Umang Trivedi  
Ushma Patel  
Shireen Ateereh

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- Home health care
- All injections
- Travel Health Clinic
- Prescribing pharmacist available

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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

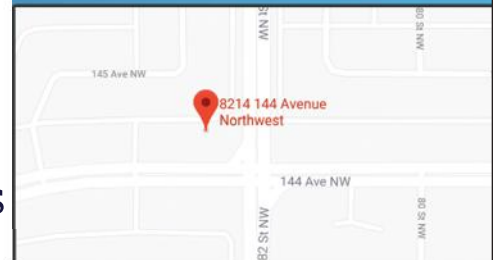
- Pediatrics
- Diabetes & internal medicine
- General medical concerns
- Drivers medical
- Wart treatment
- Flu shot and pneumonia injections

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

# Edmonton Strikers Soccer Club



**Come play with us!**  
See [edmontonstrikers.com](http://edmontonstrikers.com) for early  
September assessment dates!

# Join the Air Cadets

Have fun  
Make friends



**504 Blatchford Field**  
Royal Canadian Air Cadet Squadron

- FREE! Youth ages 12 -18**
- Camping • Flying • Sports
  - Music • Trips
  - Summer programs

Wednesday Evenings  
6:30 to 9:30 p.m.  
Kingsway Hangar  
11410 - Kingsway Ave  
[504rcacs.ca](http://504rcacs.ca)





# McLeod News

McLeodCL  
@McLeodCommunity  
14715 59 Street  
www.mcleodcommunityleague.ca

## McLeod President's Message

Hi everyone,  
It's been a wet summer thus far, so I hope that means a longer summer is ahead of us. Don't forget to join us for Community League Day on Saturday, September 21 from 1-3pm at McLeod Centre (see poster in this newsletter).  
Our fall sports and programs registration sessions are coming up and I hope you take the time to peruse our offerings: soccer, Sport Explorerz (3-6 YO), yoga, fitness kickboxing, dance, and art classes. Please go to our website for more information: mcleodcl.ca. Please remember to purchase your 2019-2020 membership online at efcl.org or in-person at one of our registration sessions to be able to register in our sports and programs (please note that we will accept a 2019-2020 membership from your home community league).

McLeod Centre 14715-59 Street NW  
August 28, 6:00-8:30pm  
September 4, 6:00-8:30pm  
September 7, 1:00-4:00pm  
A reminder also that community service is required for registrations in soccer, Sport Explorerz and dance. Community service allows us to have enough workers to put on events and fundraise to maintain our facility. Please see our Community Service policy in this newsletter.  
In the past year, we have seen an increase in the number of people refusing to work their event or not bothering to show up. This has a significant negative impact on the success of the event or whether we are fined by the bingo/casino for not having enough workers. Please do not sign up to work something you have no intention of following through with. You always have the option

during registration to buy WEM tickets or simply pay the amount out.  
On another note, our Annual General Meeting is taking place on October 24 at 6:30pm in the Programs Room (left doors of McLeod Centre 14715-59 Street). We have a number of vacancies on the Board: Vice-President, Baseball Director, Volunteer Director, Casselman Community Director, and McLeod Community Director. If you are interested, please contact me at president@mcleodcl.ca for more information. Of course, everyone is invited to hear about what we have accomplished over the past year and to elect the 2019-2020 Board (you must show a current McLeod membership to vote). Stop by and say hi! We'd love to see you!  
**Regards,**  
*Leanne Rosinski*

## McLeod Community League Dance Program

The McLeod Community League Dance Program is gearing up for their third season of dance and the Instructors have been working hard over the summer to get the dance program ready for the fall!  
You can join this amazing dance community! Affordable classes offered in

Ballet, Jazz, Lyrical, Pre-School, Stretch/Technique, Tap, Adult Hip-Hop, Adult Jazz and Adult Tap. We offer classes for all ages and levels.  
Please e-mail Amy at dance@mcleodcommunityleague.ca or call Amy at (780) 893-5151 to get registered today.

Final registration will be held at McLeod Community League Hall on the below dates and times.  
August 28, 2019 – 6pm to 830pm  
September 04, 2019 – 6pm to 830pm  
September 07, 2019 – 1pm to 4pm

## McLeod Playground Port-A-Potties

After seeing a few other Community League playgrounds with port-a-potties, the Board of McLeod decided to experiment with port-a-potties at McLeod playground for this summer. The first two weeks have gone well. The total cost for this project is slightly over \$500. Feedback we have heard so far is that parents have

a greater ability to take advantage of the playgrounds, especially those with young children. Some have also asked if we would consider a similar project at other parks in McLeod; this is a possibility for next summer. Please let us know your thoughts either on our Facebook page or by emailing secretary@mcleodcl.ca



## Miller Neighbourhood in McLeod sees Cart Rollout

You may be aware that Edmonton is experimenting with different solutions for curbside trash collection. Miller, one of McLeod's neighbourhoods, is included

in the initial group of participants. There is a newsletter that you can sign up for (you don't have to be in the participant group; there are lots of good waste and compost-

ing tips) at <https://edmonton.us16.list-manage.com/subscribe?u=da6f7f414fa5b5a5916d333b4&id=9511310652> or by emailing cartrollout@edmonton.ca

## Common signs of stress

In tough times we can be more vulnerable to stress, worry, anxiety and depression. It's important to take care of ourselves. Tough times don't last. Tough people do.  
At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected problems like what many Alberta farmers are facing with crop or livestock issues.



Remember, it's normal to feel stress from time to time in everyday life. Everyone who goes through stressful events can be affected in some way. Sometimes these stress reactions may not appear for weeks or months following an event. It is important to watch for warning signs.  
The warning signs of stress can be physical or emotional. Some people call this "storing" stress in the body (physical) or in the mind (emotional).

Common physical symptoms of stress include:

- Rapid heartbeat.
- Headache.

- Stiff neck and/or tight shoulders.
- Backache.
- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.
- You also may notice signs of stress in your thinking, behaviour, or mood. You may:
  - Become irritable and intolerant of even minor disturbances.
  - Feel irritated or frustrated, lose your temper more often, and yell at others for no reason.
  - Feel jumpy or exhausted all the time.
  - Find it hard to concentrate or focus on tasks.
- Worry too much about insignificant things.
- Doubt your ability to do things.
- Imagine negative, worrisome, or terrifying scenes.
- Feel you are missing opportunities because you cannot act quickly.

It's important to recognize signs of stress and know how to cope. Stress relief is different for each person. For some ideas to see which ones work for you visit: My Health Alberta at [www.my-health.alberta.ca](http://www.my-health.alberta.ca) and search managing stress.  
If you are finding you are not coping well, contact Health Link at 811 to find help near you.

## Matt Berry Community Hub

Work continues towards the development of a Community Hub for residents of Matt Berry and Hollick-Kenyon. We are still searching for a project partner.  
If you know of a non-profit or cultural group that is looking for a permanent home, please put them in touch with us.  
If you are able to commit to helping out with the project, we are still in need of volunteers. Any volunteer is welcome, but we are specifi-

cally looking for the following:  
Project management experience.  
Fundraising experience.  
Communications experience.  
Construction experience.  
Residents opposed to the project.  
Seniors.  
Residents with mobility challenges.  
People who enjoy talking to their neighbours.  
We are also looking for

local businesses that are interested in sponsoring the project. Presently, we are looking for a sponsor for a neighbourhood mailout.  
We are also considering a snowbank rink for the upcoming winter, but we need a volunteer who lives in the area who is able to help with the maintenance of this rink. If you're interested, please reach out to us.  
Questions or offers of assistance can be directed to secretary@mcleodcl.ca





## McLeod Community Safety Director

New Drivers/Distracted Drivers is August's focus under the Alberta Traffic Safety Calendar. New drivers are still learning the rules of the road and making rookie mistakes behind the wheel. Smartphones and other passengers can be equally distracting to new drivers. When teenagers are driving in the car with their friends, they still want to be included in the passenger conversations and social media excitement. Parents and/or guardians – have the conversation with our young drivers about these added distractions. Get them to drive you around, praise them for what they are doing well and explain how they can get even better. Just because they have passed a road test does not mean you can't assist them in being even better drivers.

For the rest of us who are not new drivers we are not perfect either. Please stay off your phone; that includes at red lights. You can still

be issued a Violation Ticket even though you are stopped. Secondly, do not drive with your pet in your laps. This interferes with your ability to operate a motor vehicle and you can be issued a Violation Ticket under the Traffic Safety Act.

### Seat belts

Still seeing a lot of people, including drivers and passengers, not wearing their seat belt or not wearing them properly. Please buckle up. It is for your safety. Having the shoulder strap of your seat belt under your arm is not wearing it properly and you can receive a Violation Ticket for that. The fine for not wearing your seat belt or improperly wearing your seat belt is \$155.00 under the Alberta Vehicle Equipment Regulations.

### Stop Signs

When you approach a Stop Sign you must stop before the line on the roadway, before a painted cross walk or three meters before the inter-

secting roadway if no crosswalk or lines are painted on the roadway. Stopping after the line, crosswalk or closer than three meters from an intersecting roadway can result in a Violation Ticket. There is a rumour out there you must stop for three seconds. That is false. However, your vehicle motion has to cease. A lot of drivers perform what's called a rolling stop where they slow down, look both ways and then proceed. This is not a Stop and you will get a Violation Ticket for \$388.00 dollars plus 3 Demerit points under the Alberta Use of Highway Rules and The Road Regulation.

### Neighbourhoods

Whether you live in McLeod or any other community please do not speed in residential neighbourhoods. No one likes watching a vehicle zoom by on their street while they are out working or enjoying time in their yard. Slow down and be sure to watch for any chil-

dren that might be out and about.

### School Zones

Wow! Where did the summer go? Mostly washed away with all this rain we got. Schools will be starting up at the end of August and beginning of September. Please be extra cautious when travelling through these areas. Don't speed, watch for children that may dart out around school buses or other vehicles and please don't park illegally. I will provide some information on some of the most common parking offences. You are required to park at least 5 meters from the near side of the crosswalk, yield and stop signs and from an adjoining intersection. You must park at least 1.5 meters from any driveway. You cannot park on or across any sidewalk or boulevard. You must park right wheels to curb unless a traffic control device (sign) says otherwise.

### Back to School



Parents/Guardians please go over with your children to not walk out into the roadway. Explain to them to only use marked crosswalks and cross when it is safe to so. Use the three P's. Point, Pause and Proceed

Point the direction they are going, pause and look to ensure traffic in both directions has stopped and then proceed.

Also very important Parents/Guardians speak to your children about stranger danger and have a code word that only you and them know

in case someone else has to pick them up.

Lastly, motorists, please remember you must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. The fine for speeding in these areas is doubled. Please help ensure your first responders and tow truck operators go home at the end of their shift!!!

## McLeod Hockey Registration

For the 2019/20 hockey season, the Eagles and Northstars will work collaboratively to improve the performance and balance of the teams. Starting at the Pee-wee level, the Northeast Zone, the Eagles, and the Northstars will host evaluations jointly starting with the Zone Pee-wee AA team formation, and then form all teams jointly.



Details for Atom and Novice are being finalized.

All players will continue to register with their home club. Questions can be addressed to:



Eagles: Dylan.thomas@gov.ab.ca

NEZ: (Carlos Vieira) nez-bantamdirector@gmail.com

Northstars: (Marvin Heise) mkheise94@gmail.com



## McLeod Annual General Meeting



McLeod Community League will conduct its Annual General Meeting on Thursday, October 24th at 630pm. The AGM will be held at the Hall, located at 14715 59 Street, in the Programs Room. Please come out and join us to make your voice heard, or volunteer for a Board position. If you're interested in learning more, please email secretary@mcleodcl.ca

## McLeod Members with Muttart Passes

Some of you may be holding passes to the Muttart Conservatory with an expiry date that overlaps with the period during which the Muttart is closed for renovations. The renovations are scheduled to complete in January of 2021. The City has indicated that any passes will have their expiry date extended to 6 months after the Muttart re-opens, whenever that is.

## Imagination 101 in McLeod

Imagination 101 is returning with more music, instruments, dancing, games, art, silliness, and fun! Imagination 101 is a grade 1-5 children fine arts program that encourages creativity through fine arts exploration. This fine arts program is an enriching experience that encourages self expression and laughter. During 2019/2020 Imagination 101 will be running 7 incredible fine art workshops. At the end of each workshop each child will go home with an incredible one of a kind art work and a smile on their face!

Here are all the details:  
Cost: \$40/workshop or \$250 (\$30 savings) when register for all 7 workshops

at once

Location: McLeod Community League Hall in the program room

### Ages:

### Grades 1-5

\*You must have a community League Membership for your community to register and attend a Imagination 101 workshop

Contact: Kara at kara@karajensenphotography.com to register

### Workshops:

#### 1. Let's Eat!

Exploring yummy (and sometimes gross) world of food.

Date: Sunday September 29, 2019 1:00-3:00pm

#### 2. Creepy Creatures

Are you afraid of the sin-

ister sounds that go bump in the night? Dare to explore all things spooky!

Date: Sunday October 27, 2019 1:00-3:00pm

#### 3. Comic Creations

Let's fly into the world of comics and create our own comics!

Date: Sunday November 24, 2019 1:00-3:00pm

No Workshop in December 2019

#### 4. Under the Sea

Diving deep into the ocean, we will swim below the water's surface to discover strange and unusual under the sea creatures.

Date: Sunday January 26, 2020 1:00-3:00pm

#### 5. Rainbow Connection

What's your favourite co-

imagination 101  
fine arts program



lour? Lets experiment with all the colours of the rainbow.

Date: Sunday February 23,

2020 1:00-3:00pm  
No Workshop in March 2020

#### 6. Don't Bug Me!

Come bee happy during an insect adventure.

Date: Sunday April 26, 2020 1:00-3:00pm

#### 7. Bubble Trouble

Lets blow bubbles and create some bubblicious art.

Date: Sunday May 24, 2020 1:00-3:00pm

No Workshop in June 2020

To run each workshop a minimum of 6 students need to pre-register (with a maximum of 12 students). I encourage you to register your artist early so they do not miss out on a spot.

If you are interested in



learning more about Imagination 101 or for registration, please contact Kara at kara@karajensenphotography.com

## SERVING THE PEOPLE OF EDMONTON MANNING

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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EDMONTON, AB T5Z 0G3  
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780-822-1540  
WWW.ZIADABOULTAIF.CA

## Sports and self-esteem

**Youth learn the confidence to move**

When kids play sports—whether in an organized lacrosse league or just kicking a ball around the park with friends—they benefit beyond building a stronger body. They're building stronger mental health as well.

Participating in sports has strong positive effects on self-esteem, concluded researchers at Carleton University who studied about 400 boys and girls in Grades 5 to 8.

"People participate in sports for different reasons, but ultimately it's all around making kids better, healthier people," says Lea Norris of Sport for Life, a non-profit that aims to improve the health of Canadians. "The self-confidence, mental health, ability to socialize—that sense of social belonging is huge—as well as leadership and resiliency—all those pieces fall into place when kids play sports."

Kids can pick from a wide range of sports—everything from fencing to rock climbing—but not every



activity can fit their family. Finances, transportation and schedules can all be a barrier to children developing their physical skills.

"If you don't have that foundation of movement skills you may be less likely to have that confidence to move," Norris says. Just riding a bike or playing catch with family in the early elementary years can help your kids develop the motor skills—and feelings of com-

petence—to help them play when they're older.

Developing those early movement skills is especially important for girls because they're more likely to quit a sport. "When girls start to drop out at 12, 13 or 14, it's really hard to get them back," says Norris. "You can offer every type of activity possible in high school, but those girls have left. We want them to stay in long enough to get the ben-

efits of sports."

You don't have to enroll your young girls and boys in tennis lessons or suit them up with expensive hockey equipment. "Get them out in a nonthreatening environment with their friends or the family to try something new," says Norris. Throw a Frisbee or a football around. Try playing tag or going for regular family bike rides.

"The important thing," she says, "is to move."

## 66th Medical Clinic

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# Northmount Community League News

## Northmount Board of Directors

POSITION	NAME	Contact
President	Meagan Plamondon	780-270-1212 president@northmount.ca
Vice President Operations	James Crocker	780-717-5885
Vice President Programs	Robin Wheatley	780-473-8634
Treasurer	Margaret Warwick	780 914-5119 treasurer@northmount.ca
Secretary	Margaret Warwick	780 914-5119
Area 17 Council Rep.	Karen Plamondon	780-478-2010
Adult Programs Director	Robin Wheatley	780-473-8634
Bingo Director	VACANT	
Casino Director	Sid Plamondon	780-478-2010
Children's Program Director	VACANT	
Civics Director	VACANT	
Communications Director	Michele Crocker	newsletter@northmount.ca
Facilities Director	Terry Kitching	780-478-4147
Family Programs Director	VACANT	
Memberships	Robin Wheatley	780-473-8634
Past-President	Terry Kitching	780-478-4147
Seniors Programs Director	VACANT	
Soccer Director	Joanne Cheetham	780-477-6010
Sports Explorers	Karen Plamondon	780-478-2010

## 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? Visit our website for more details <http://www.northmount.ca/rentals.html>

## Follow us on Social Media

Do you want to keep up-to-date on happenings in Northmount? Join our Facebook page at <https://www.facebook.com/groups/NorthmountCommunityLeague/> Join in the conversations, RSVP to Events we are hosting, and connect with fellow community members. We'd love to see you there!



connect with fellow community members. We'd love to see you there!

## Park Night with Amity House

August 21, 6-9 PM

Join us in another fun Park Night with our Friends from Dickinsfield Amity House, there will be a free family BBQ and many fun activities!

## City Services & General Information

Visit [www.edmonton.ca/311](http://www.edmonton.ca/311) or call 311 for information and access to City of Edmonton programs and services such as:

Inspections, licenses, permits

Comments, commendations, bylaw complaints

Roadway & waste management information

Program registrations and bookings

Transit information  
311 agents are available 24

hours a day, every day.

To access city services in person, the Edmonton Service Centre is a one-stop shop. It is located on the 2nd floor of Edmonton Tower, 10111 104 Avenue across from Rogers Place. Residents and businesses will no longer need to visit various downtown City offices to pay taxes, obtain bus passes and business licences, review engineering and architectural drawings with City



specialists, or do other business with the City. The operating hours are 8am-4:30pm Monday to Friday. The centre is closed on weekends and statutory holidays.

## Volunteers Needed!

Northmount Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee and volunteer positions. If you or someone you know is interested, please attend our meeting or contact Meagan by 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!

We need help with the following committees:

lowing 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.

## Martial Arts Class at Northmount - 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.

Note: There are no classes on statutory holidays.

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

## Green Shack is Back for the Summer!

July 2 - August 22, Monday to Friday 2:30-6 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play! Neigh-

bourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

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/Greenshacks](http://Edmonton.ca/Greenshacks) or call 311.

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