

NORTHEAST VOICE

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

February 2019



Published by Calder Publications. To advertise please call 780-918-0336 or email josh@communityleagueneews.com

COME ALONG AND JOIN THE FUN WITH US!

FAMILY FUN FEST

FEBRUARY 17

Noon to 4pm
EVANSDALE HALL
9111 150 Ave NW, Edmonton

Face Painting
Caricatures
Petting Zoo
Sleigh Rides

Skating (bring a helmet)
Sparkle Tattoos
Free Hotdogs & Hot Cocoa

PosterMyWall.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.

SPORT EXPLORERZ

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!

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 movement skills.
- Involves games and play where each child has an equal opportunity to practice their skills.
- Gain body awareness through moving their bodies in different ways.
- Just as important as learning how to read and write, learning fundamental movement skills and fundamental sport skills provides your

child with the foundation to excel in any sport they may choose, and to be active for life. For example: learning to catch, jump, run, kick, and throw will allow your child in the future to participate in... soccer, basketball, volleyball, track and field, bowling, football, squash, badminton, rugby, tennis, etc.

- Promotes connections for brain development and memory.
- Children who are physically literate (knowing these skills) move with confidence and competence in a wide variety of activities and environments that develop the whole person.
- Free play is incorporated to encourage creativity, cooperation, and independence in children as they practice moving in different ways.

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

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).

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). Please ensure you bring a blank cheque for your volunteer/community service. **See more details inside.**

Upcoming Events in the Northeast

February

- 1: Let's Dance the Night Away at NES! Featuring the music of Randy & Rai. Tickets \$10 in advance \$12 @ the door. Doors at 6:30pm; Dance from 7-10pm
6, 13, 20, 27: Dances at NES!; 7-10pm; \$8/member or \$11/non-member
8: Valentine Tea; 2-4pm; \$5/person
12: McLeod Sports and Programs Registration
12: Media Lab at EPL Londonderry; 4pm. For ages 15+
13: Puzzle Sale in NES! Lobby; 9-11am
18: Storytelling and Story Writing Workshop at EPL Londonderry; 1-15pm
18: Drawing a Story at EPL McConachie; 1:30pm
18: Family Day at McLeod; 1-3pm; Free
18: Family Day Festival at Steele Heights Baptist Church; 12-4pm; Free
26: McLeod Sports and Programs Registration

March

- 2: McLeod Sports and Programs Registration
6, 13, 20, 27: Dances at NES!; 7-10pm; \$8/member or \$11/non-member
15: St. Paddy's Day Sing-A-Long & Tea at NES!; 2-4pm; \$5/person; tickets on sale until March 8
24: Build a World at EPL McConachie; 3:30pm
26: Dinosaur Adventures at EPL Londonderry; 1:30pm
28: Puppet Adventures at EPL Londonderry; 1:30pm
29: Code Breakers at EPL McConachie; 3:30pm

April

- 2-6: Spring Book Sale at NES!
6: Community Garage Sale & Spring Craft Fair at NES!
6: Spring Bake Sale at NES!; donations of baked goods needed; drop off between 9am and 3pm on April 4 & 5

If you have an event that you would like to see on this list, please e-mail 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 (NES!) – 7524 139 Avenue
Northmount Hall – 9208 140 Avenue
Ozerna Park – 7010 158 Avenue
Steele Heights Baptist Church – 5812 149 Avenue
Steele Heights Hall – 5825 140 Avenue

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

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@bgcbigs.ca

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

Register for Sport Explorerz (SE) Spring Programs

SE - Active Start Spring 2019

April 28-June 26 (no classes the week of May 19)

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.

Sundays, 1:00-1:45pm (3-4YO) or 2:00-2:45pm (3-4 YO), 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

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).

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). Please ensure you bring a blank cheque for your volunteer/community service.

Who Wants To Get Strong™ & ZUMBA®?

Two Different Classes Starting January for 8 Weeks to hit your New Year's Fitness Goal!

Location: Evansdale Community Hall, 9111-150 Ave

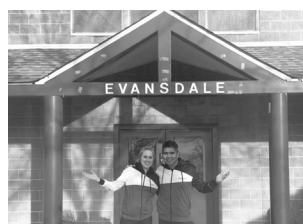
When: Tuesday, January 15 - March 5 (8 weeks) 7:00-

8:00 PM - Zumba®

Wednesday, January 16 - March 6 (8 weeks) 7:00-8:00 PM Strong™

Cost: \$80 per session or register for both classes for \$120.

Join Emilio & Amanda. Two instructors, 2 fitness classes, twice the fun! For



more info: Emilio.Zumba@shaw.ca, 780-238-6919

Community League Memberships

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

enjoy skating in the winter!

\$25 family

\$10 single

\$10 seniors

\$15 single parent

\$15 couple with no children

Contact Elaine Sarac at membership@evansdale.ca or 780-476-7442 to get

your Evansdale Community League membership. Please leave a voice message if you cannot reach Elaine by phone.

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

Soccer & Sport Explorerz Registration Dates

Mark your calendars for these important registration dates:

Thursday, Feb 21: 630-830pm

Saturday, March 2: 11am-2pm

Thursday, March 7: 630-830pm

Location: Evansdale Rink Shack, 9111-150 Ave

The SPORTS EXPLORERZ program will be register-

ing at the same time and place as soccer registration. If you require more info about this program, visit our webpage at www.Evansdale.ca.

Registration for outdoor soccer will be starting very soon! You will be able to do the on-line registration on the EMSA portal when it opens shortly. Please ensure you complete this registra-

tion before you attend the community registration at the Evansdale rink shack.

Just a reminder that you are allowed to play in any community you want but you must first register on-line via your community and attend your community's registration session before you can be transferred to the community of your choice.

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 deposit

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.

Visit Our Facebook Page

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

Website: www.evansdale.ca

Facebook Page: www.facebook.com/evansdalecommunityleague

Calling All 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.

Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



FREE CONSULTATION

M. Lucyshyn DD

R. Lucyshyn DD

780-476-2529

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

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

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

SE - Fundamentals (7-9 YO)

Spring Break Camp March 25-29, 2019

A NEW program that will be offered as a one-week, full-day camp during Spring Break! This week-long, full-day camp will introduce campers to a variety of fundamental sport skills in a fun and engaging way. No previous experience required! Spots are limited so please watch for registration to open in the new year and act fast! Children must be seven years-old at March 25, 2019 in order to register.

Registration Process

Visit 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.

What is 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.

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 movement skills.

Involves games and play where each child has an equal opportunity to practice their skills.

Gain body awareness through moving their bodies in different ways.

Just as important as learn-

ing 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.

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

Skating at Evansdale Rink

We have two rinks: one for hockey and the other for family skating!

Cost:

\$2 students & kids

\$3 for adult

Or free with membership

Opening hours:

Monday to Friday: 6-9pm

Saturday: noon to 9pm

Sunday: noon to 6pm

Helmets are required (bicycle helmets are ok). Rink is closed at -20C and colder (including windchill). Please call 780-478-2577 to confirm schedule

Currently accepting donations of gently used skates or helmets.

New Year's Address from Evansdale Hockey Director

Greetings Evansdale hockey families! I hope everyone had a great Christmas and New Years. Our Evansdale players and their Eagles teams had a very successful tourna-

ment during Minor Hockey Week in January. Continue to play hard and have fun!

Todd Sharkey

Evansdale Hockey Director

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

Yoga at Evansdale

7:30 -
8:30pm,
Thurs-
days

January 10 -
March 21



Evansdale Hall: 9111-150 Ave

\$120 for 11 weeks or \$13/class for drop-in

Contact evansdaleyoga@gmail.com to register or for more information.

Relax, recharge and renew yourself with the power of yoga in a positive, supportive environment. All levels welcome, no previous experience required. Please bring a mat, towel, water and wear comfortable clothing that allows you to move freely. To register or for more information please send requests to evansdaleyoga@gmail.com

Need Help on Homework? Free Afterschool 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 program and open gym night. Kinsmen club also offers free after school program-

ming for kids ages 6 and up – Monday to Fridays. Call the club to find out more 780-822-2560.

Evansdale - Eaux Claire - Belle Rive

Annual General Meeting Thursday, February 28 @ 8pm

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

Free membership for attending the AGM given at end of the meeting.

Evansdale AGM @ 8pm, Feb 28/2019
Sport Building/Skate Shack
9111-150 Ave, Edmonton AB
www.evansdale.ca

Kilkenny Community League News

Save The Date

Sports Registration – February 28, 2019 @ 6:30-8:00pm at Kilkenny Community Hall
Sports Registration – March 7, 2019 @ 6:30-8:00pm at Kilkenny Community Hall

Sports Registration – March 9, 2019 @ 10:00am-1:00pm at Kilkenny Community Hall
Soccer Wrap Up Party – March 8, 2019 @ 6:00-9:00pm at Kilkenny Community Hall

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.

Soccer Registration Process

1. Register online in the EMSA Soccer Portal. If you have played in the last 3 years, you will have an account. New players must create an account (<https://emsasoccerportal.com>).

2. Print 2 copies of the player summary confirmation and bring them to registration. This printed copy will give you the date and address of the registration as well as a list of all the items to bring to complete the registration. If you can't print the player summary, then ensure the player summary

confirmation email is in your inbox on your mobile device.

3. Attend the Kilkenny registration session at 14910 - 72 Street to purchase a community membership (A New Membership is required for the Indoor Soccer Season 2019-2020), sign up for a volunteer commitment (or pay out the commitment fee), and pay your registration fees.

4. Please bring government ID to verify the player's date of birth.

5. Proof of address is required - a piece of ID or mail with your Kilkenny address

on it.

6. A signed but undated cheque is required to secure each volunteer service such as casinos, community events, and ENZSA.

7. Please complete the on-line registration as soon as possible so we can get a general idea of the number of players we have. If you have any problems registering on the soccer portal, there is an instructional video.

8. If you are wanting to transfer to another community, I advise you to register as early as possible as we

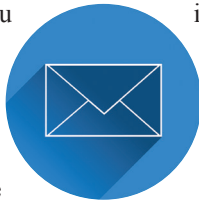
have had some communities reject transfers if their programs are full.

9. Deposits for uniforms will be taken when the uniforms are handed out by the coaches and not at registration. The uniform deposit will be \$75.00.

Just a reminder that you are allowed to play in any community you want but you must first register online via your community and attend your community's registration session before you can be transferred to the community of your choice.

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 or leave a message at 780-807-6089.

Kilkenny Sports Registration 2019

Sports Registration Dates:
February 28, 2019 @ 6:30-8:00pm at Kilkenny Community Hall
March 7, 2019 @ 6:30-8:00pm at Kilkenny Community Hall
March 9, 2019 @ 10:00am-1:00pm at Kilkenny Community Hall. All Registration Dates take place at Kilkenny Hall - 14910 - 72 Street



Come Skate With Us!



Our two outdoor rinks are open. M-F: 5-8pm. S-S: noon -5pm. Rentals avail-

able - please email VicePresident@Kilkenny.ab.ca for booking information.

Ask Charles

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

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

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

Even if the property is vacant, and has been for weeks, it is still the seller's responsibility to maintain home insurance on the property.

As the buyer, you should make sure you arrange for

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

If something such as a hail storm damages the property in the time between the seller accepting your offer and possession day, have your agent talk to the seller's agent to confirm the seller is handling the damage. If the seller confirms they're handling the repairs, you may wish to add an addendum to your accepted offer to purchase that outlines the seller's responsibility to replace the roof prior to possession day, or you may ask the seller to agree to you holding back a small portion of the purchase funds until the roof is repaired. Make sure any agreements between you and the seller are in writing.

If there is any resistance on the part of the seller, either to fixing the damage or to putting details and agree-



ments in writing, you need to talk to a lawyer for legal advice.

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

“Ask Charles” is a question and answer column by Charles Stevenson, Director of Professional Standards

with the Real Estate Council of Alberta (RECA), 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 askcharles@reca.ca.

Real Estate Council Alberta

reca.ca

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

ElderDog Canada

ElderDog Canada is a national registered charity (#832404057RR0001) dedicated to helping ageing people, ageing dogs and the important connection between them. ElderDog Canada is the only organization in the country providing free companion animal in-home support for seniors. We help seniors in the care and well-being of their dogs. We re-home older dogs who have lost their human companion due to illness, long-term care placement or death. We conduct and support research and provide education about the role of the human-animal bond in the health and well-being of seniors.

Anyone who has shared life with a companion animal or observed the significant role that companion animals play in the health and well-being of seniors knows the power of the human-animal bond. Research supports

the importance of this bond and shows the many ways that older adults benefit from this relationship. ElderDog's goal is to enable older adults, living at home and with challenges affecting dog care, to continue to benefit from their relationship with their canine companions as long as possible. For seniors on a fixed income help could mean financial assistance with costs of veterinary care.

Sadly, the physical bond between human and companion animal is all too often cut short. When moving into a retirement community or nursing home, many seniors are forced to leave behind their devoted companions. Often their dogs also are old and not so adoptable. ElderDog endeavours to find new homes for these loyal, old friends so that they are able to live out their lives with the comfort and care they deserve.

As a community-based charity, our work depends on the commitment of dedicated volunteers and the support of community organizations of various kinds. At ElderDog we believe that there is a role for everyone to play in supporting the vital connection between seniors and their dogs. Whether that role is working directly with seniors and their dogs, helping with fundraising, contributing to outreach and education, or working behind the scenes in some important capacity we welcome your involvement.

Thank you for taking the time to read this and to think about how you, as an individual, or as part of a community group or organization might be involved in ElderDog's work in your community. Together we can make a difference, foot by paw.

For more information, please visit www.elderdog.ca.

ElderDog Canada

Registered Charity



Help Keep Love In The Home

Ageing Dogs, Ageing People
Honouring and preserving the
animal-human bond

<http://www.elderdog.ca/>

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

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's**
Spring Fling
April 13, 2019
**SAVE
THE DATE!**
*Details in next
month's Voice*

Londonderry Community League Hall Rental

Check our website:
www.londonderry.online

Healthier Eating Habits at Work

Alberta Health Services (AHS) is having a year-long wellness campaign called What's your balance? Since many waking hours are spent at work- what you eat at work can have a big impact on your health and energy levels. If you are looking for ways to get more balance in your eating habits, try one or more of these small changes.

Boost your Breakfast with Fibre and Protein.

A nutrient-packed breakfast will help you get through the morning. How can you boost the fibre and protein in your breakfast?

- Choose whole grain cereals, breads and tortillas.
- Look for cereals and breads that have two grams or more of fibre per serving.
- Try items such as yogurt, cheese, meat, eggs, peanut butter, nuts, seeds, or cooked beans or lentils.
- Make healthy lunch a habit. A healthy lunch provides much needed fuel and

nutrients to help you focus during your work day. Plan ahead and pack a meal with healthy foods from home. Try new ideas:

- Lunch Bowl: brown rice or quinoa, red peppers, avocado, salsa, cheese, and black beans or chicken
- Salad: arugula, strawberries, pears, goat cheese and almonds or pecans. Drizzle with balsamic dressing. Add a whole grain bun
- This and That: Greek yogurt, whole grain crackers, hard-boiled egg and a piece of fruit

Manage the mid-shift slump —the decrease in energy part way through your workday. Instead of reaching for a sugary snack...

- On a break, go for a brisk 10 minute walk.
- Aim to get enough sleep, most adults need 7-9 hours.
- Choose water to drink
- Connect with others. Chat with a co-worker who is also on break.





By taking some small steps, you can improve the balance in your eating to create healthy habits for a lifetime. Spread the word

and challenge your friends! Post a video or photo of how you maintain balance! Share through social media #AHSwhatsyourbalance



McLeod News

 McLeodCL
 @McLeodCommunity
 14715 59 Street
www.mcleodcommunityleague.ca

Board Position	Name	Email Address
President	Leanne	president@mcleodcl.ca
Vice President	Cheryl (on hiatus)	
Communications	Kevin	communications@mcleodcl.ca
Membership	Cathy	membership@mcleodcl.ca
Treasurer	Paul (acting)	treasurer@mcleodcl.ca
Secretary	Jason	secretary@mcleodcl.ca
Past President	Troy	pastpresident@mcleodcl.ca
Grants	Fadi	grants@mcleodcl.ca
Facilities	Leanne	president@mcleodcl.ca
Casino	Steve	casino@mcleodcl.ca
Soccer	Todd	soccer@mcleodcl.ca
Baseball	Vacant	
Softball	Richard	softball@mcleodcl.ca
Hockey	Andre	hockey@mcleodcl.ca
Sport Explorerz	Devin	hkchair@gmail.com
Social	Liz	social@mcleodcl.ca
Programs	Kevin	programs@mcleodcl.ca
Community Safety	Ryan	safety@mcleodcl.ca
Community Service	Julie	service@mcleodcl.ca
Volunteer	Roxanne	volunteer@mcleodcl.ca
Youth	Jill	youth@mcleodcl.ca
Civics	Donna	civics@mcleodcl.ca
Miller Community	Jennifer	miller@mcleodcl.ca
Casselmann Community	Vacant	
Matt Berry Community	Paul	mattberry@mcleodcl.ca
Hollick-Kenyon Community	Devin	hkchair@gmail.com
McLeod Community	Joe	mcleod@mcleodcl.ca
Bingo	Sandy	bingo@mcleodcl.ca
Rink	Joe	rink@mcleodcl.ca
Hall Rental	Gerard	hallrental@mcleodcl.ca

McLeod Welcomes Seniors' Residence



Well-appointed suites at McConachie Gardens

I recently had the opportunity to get a sneak preview of McConachie Gardens, the new seniors residence opening just north of McLeod. They will take their first residents starting in February of 2019. Their staff has

indicated a strong desire for partnerships with neighbouring organizations. Keep watch of this newsletter and our Facebook page for exciting opportunities for seniors' recreation!

McLeod Newcomer Skate

On January 5th, McLeod held its third annual newcomer skate, and the event continues to grow! We had approximately 120 skaters come out. Many new skaters took advantage of our free loaner skates and skate trainers. Free hot chocolate was on hand to help



people warm up.

Public skating is available to any community league member during rink hours, and loaner skates and helmets are always available on request. For non-members, the cost is \$2 to skate.

McLeod President's Message

Through the hard work of our rink volunteer, Joe, and our rink attendants, Nick and Shawn, McLeod's ice rinks are up and running. Please go here for days and times as well as our rules and policy: <https://mcleodcl.ca/ice-rink-information>. I encourage you to call the rink phone number ahead of time to ensure that we are not closed due to major snowfalls or temperature extremes: 780-473-8993.

With the new cannabis law in effect, we have already had one skater attempt to use cannabis just outside our fenced rink area. Please note that cannabis cannot be used in a park when it contains a playground, sports field or a seasonal skating rink (the same rules apply to smoking or vaping). If you see such, please inform the rink attendant and if the rink is closed, please call 311 to report it. Enforcement officers have the ability to issue a warning or a ticket of \$250.

Our neighbour, the Steele Heights Baptist Church, is putting on another wonderful Fam-



ily Day event on February 18, 12:00-4:00pm at 5812-149 Avenue. McLeod is celebrating too and invite you to skate for free with us and enjoy complimentary hot chocolate from 12:00-5:00pm. We have a limited number of loaner skates and helmets available.

Regards,
Leanne

Imagination 101 in McLeod

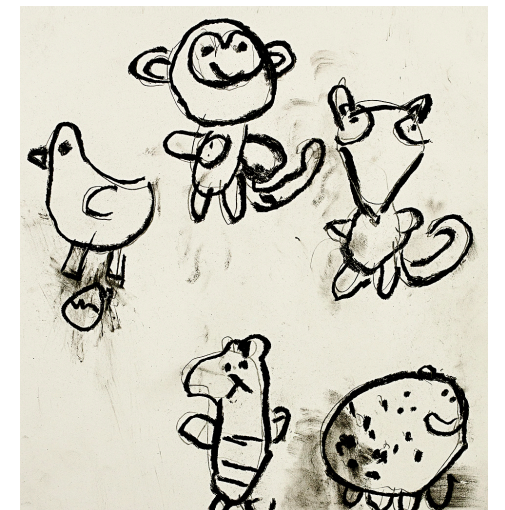
The Winter Session of Imagination 101 has started at the McLeod Community League. Imagination 101 is an enriching fine arts class for children grades 1-6. We dance, play instruments, sing, create art works and of course, always have fun!

Children are naturally creative. They like to explore and are curious about the world around them. Having children take part in fine arts activities gives them the opportunity to express what they are thinking, experiencing, and feeling. Encouraging kids to use their imaginations helps to develop problem solving skills, ingenuity, confidence, and self-awareness.

Doing fine arts activities as a family is a lot of fun. Spending time together doing something creative will not only nurture your child's development, but strengthen your family relationship. Here are a couple fine arts activities you can do at home:

Turn on some music, turn off the lights, take out some glow sticks, and have a living room dance party.

Sit down and suggest drawing together. You can try drawing the same thing and then comparing the final art works.



Have a family karaoke night. Go to YouTube and choose your favourite songs to sing. Don't worry about how you sound! As long as you're having a good time belt out the words loud and proud!

Supporting your child's creativity and providing opportunities to imagine is a fantastic way to connect while teaching your child the importance of family time and imagination!

McLeod Community League Dance Program

We are half way through the second season of the McLeod Community League Dance Program, and it has proven to be nothing short of amazing. We currently have 64 students (37 our first season) and we are continuing to grow. We offer classes in Ballet, Hip-Hop, Jazz, Lyrical, Pre-School, Stretch/Technique, Tap & are now offering Adult Hip-Hop and Adult Tap. We have classes for all ages and levels. Here at McLeod Community League, we believe everyone should have the opportunity to

dance at an affordable rate and in a fun and upbeat environment.

We will be hosting our year end recital on April 28, 2019 at Festival Place in Sherwood Park. Tickets go on sale in March by calling Festival Place Box Office. 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@mcleodcommunityleague.ca or reach out to Amy at 780-893-5151.

www.communityleagueneews.com

McLeod Community Safety Director

Traffic Safety

In the month of February, the Alberta Traffic Safety Calendar primary focus is distracted driving. Distracted Driving is an ongoing issue here in the Alberta. Distracted driving causes collisions that result in injuries and fatalities.

Here is what you cannot do while driving

- Hold, View or manipulate cell phones
- Use electronic devices such as laptops, video games, cameras, video entertainment displays, program audio players, enter info on GPS systems
- Read printed material, print or sketch
- Engage in grooming or personal hygiene

Did you know all these activities are not permitted when stopped at red light, or in a drive-thru. Fine amount is \$287.00 and three demerit points.

Here is what you can do

- Drink a beverage - Coffee, Tea, Juice, Water or Pop
- Eat a snack
- Engage in conversation with passengers
- Smoke a cigarette as long as there are no minors in the vehicle
- Use hands-free devices
- Use Two Way radios when a driver is required to remain in contact with employer.
- Use GPS if mounted and information is entered before driving

Vehicle information system that provides information of location of vehicle and vehicle operating systems. Can be a gauge, instrument, or device.

- Use collision avoidance system
- Use alcohol ignition interlock device
- Use a dispatch system for transporting passengers or logistical transportation system that tracks location, driver status and/or delivery of commercial goods.
- Use portable audio system if set up to

use before driving

- Hold your phone to call 911 for emergency call

Under the Traffic Safety Act, an emergency vehicle includes Police, Peace Officer, Sheriff, Fire Response Units, Ambulance and Gas Disconnection Units. Drivers of emergency vehicles are permitted to use hand-held communication devices or any other electronic devices when acting within the scope of their employment.

Go to: <http://www.transportation.alberta.ca/distracteddriving.htm> for more information.

hy-Impaired Driving

Stricter drunk driving legislation took effect across Canada on December 18th, 2018 giving police officers the right to demand a breath sample from any driver they lawfully stop.

Under the new changes, law enforcement agencies across the country will be to demand a breathalyzer test even if a motorist showing no signs of alcohol impairment. Previously police officers needed reasonable grounds to conduct a breath test which included slurred speech, bloodshot eyes, smell of alcohol and driver stumbling or admitting to recent consumption.

Did you Know?

Mandatory alcohol screening is already being used in more than 40 Countries across the world.

In addition, the government closed the loophole by changing the time frame for blowing over the legal limit from “at the time of driving” to within two hours of driving. Previously drivers could avoid fines or a criminal conviction by claiming they consumed alcohol just before or while driving, and thus were not over the legal limit at the time they were driving because the alcohol was not yet fully absorbed in their system.

They can claim it was only later, at the



time of testing, that they reached an illegal blood-alcohol concentration.

Additionally, some drivers would leave from the scene of an accident and claim they consumed alcohol once at home.

Police will only show up at your door if they can identify you, or your vehicle which was involved in an incident. They are not going to randomly show up at your door and make you blow.

Licence Suspension Program

All drivers who are reasonably believed to be criminally impaired, who fail or refuse to provide a fluid sample, or are found to be over the legal limits for alcohol, cannabis or cannabis/alcohol combination, will be subject to the following sanctions:

- immediate 90-day license suspension
- immediate 3-day vehicle seizure (7 day for a second and subsequent occurrence)
- one-year participation in an ignition interlock program

Drivers who do not participate in the ignition interlock program will remain suspended for the year. These sanctions are in addition to criminal charges and any and all penalties imposed by the court. There are no changes to the post-conviction requirements.

GDL Drivers

Drivers under the Graduated Driver Licensing (GDL) program found to have any amount of cannabis or illegal drugs in their blood are now subject to the same provincial sanctions that apply to alcohol, including:

- immediate 30-day license suspension
- immediate 7-day vehicle seizure
- must remain in GDL program for 2 years and have no suspensions in the last year to graduate from the program
- GDL drivers who meet the requirements for criminal level impaired driving will be subject to any and all provincial sanctions and criminal penalties that apply.

The changes to the law are intended to curb injuries and deaths related to drunk driving. It is estimated that, on average, across Canada 1200 people are killed by impaired drivers each year. In comparison an average of approximately 500 people are victims of homicides in Canada each year.

I am of the opinion that the more drivers checked by our law enforcement officers, the greater the chance to get impaired drivers off our roadways and reduce the risk of themselves or others getting injured or killed.

Stay Safe Everyone and don't drive Impaired!!!

Top 8 Nature Activities for Kids in the Winter in McLeod

8. Quite Observation

Bundle up and find a quiet space outdoors where you can think. Take a few minutes to observe the nature around you using your 5 senses. What do you see, hear, feel, smell, and taste (taking a deep breath, how does the air taste or if it's snowing, can you catch a snowflake on your tongue)? Focus and think of times you have enjoyed outdoor activities.

7. Snowshoeing

Strap on some snowshoes and go for a walk through your nearby park. It's so much fun to walk on top of the snow drifts. What do your tracks look like? Do you see any other tracks?

6. Hibernating Frog-sicles

In winter, wood frogs freeze, essentially becoming frog-sicles. But sugars in their bodies prevent their organs from being damaged. Try this experiment to see how this works. Gather supplies including two small containers, syrup, water and a plate. Fill one container with water and the other with syrup. Freeze both containers for sev-

eral hours. Empty the contents of each onto a plate to compare.

5. DIY Bird Seed Feeders

Boil ½ cup of water and 3 tbsp of corn syrup in a saucepan. Reduce heat and add 2 ½ tsp (1 packet) of gelatin; stirring until it dissolves. Pour it in a mixing bowl and stir in ¾ of a cup of flour and 4 cups of bird seed mix. Grease your favourite cookie cutters and your hands and press the mixture firmly into the shapes. Poke a hole with a skewer and remove the new bird feeders from the cutters. Place them outside or in the freezer overnight. Thread string or twine through the hole to make a hanger and place the feeders on your tree. Watch the birds that come to feed on them.

4. Wildlife Tracking

Bundle up and head outside in your backyard and neighbourhood park to look for signs of wildlife. Study your own tracks in the snow, and then look for other tracks nearby. How big are these tracks compared to yours? See if you can guess what kind of animal made the tracks. Also look for other



signs of wildlife, such as scat (poop) and chewed on branches near to the ground. You are almost sure to find Jackrabbit tracks, scat and twigs near the ground with all the bark eaten off.

3. Make a snowman

Best activity for heavy wet snow! Get the whole family working together in the yard to roll the biggest snowball you can for the base, and then two smaller snowballs to stack on top. Borrow some items from nature to make buttons, nose, arms, eyes and a great big smile. J Add other accessories like a scarf or hat to make it even more unique.

2. Snowball fight with your snowman

Have a snowball fight with your snowman. Have competitions to see who can hit the buttons, or nose with a snowball.

1. Tobogganing and Skating

Head out to your local park with a hill to go tobogganing or grab your skates and head to your nearby community rink. This time spent outdoors is great exercise and a fun way to make new friends in the neighbourhood!

If you're interested in finding more nature activities for kids, check out <https://www.ealt.ca/kids/>. By the Edmonton and Area Land Trust



McLeod Community
Early Learning
and
Child Care Centre

Steele Heights Baptist Church
5812-149 Avenue
Christian Program
19 months - 4 1/2 yrs. (Opening Soon)

Out of School Care Grades K - 6
Available year round

Yellow bus service available between
 St. Dominic, Father Leo Green, Edmonton Christian Northeast
 and Northmount schools and Centre

shbc.ca (780) 473-5437

14th annual

Family Day Festival

"Animal Kingdom"

Feb 18, 2019
12:00 - 4:00 pm

Featuring:



Steele Heights Baptist Church 5812-149 Ave.
Visit animal habitats with food, crafts, games and more!
Entry by donation
Bake Sale fundraiser for The Mosaic Centre

Free skating & hot chocolate provided by
McLeod Community League

shbc.ca



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Dr. Kondi
 Diabetes/Internal Medicine Specialist

Dr. Zubi
 Pediatrics Doctor



FamilyDay

AT THE LEGISLATURE

Monday, February 18
11 a.m. to 4 p.m.

#abfamily | [Twitter](#) | [Facebook](#) | [YouTube](#) | [Instagram](#) | [assembly.ab.ca](#)



66th Medical Clinic

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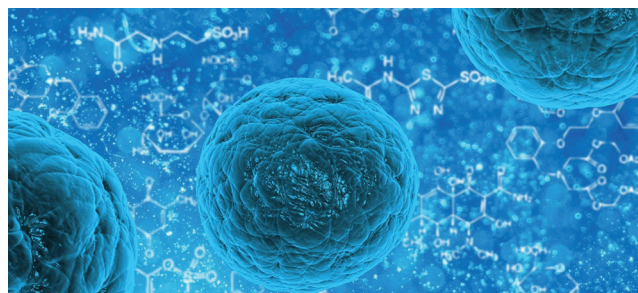
Mon - Fri: 9am - 6pm • Sat: 10am-4pm

It's not too late to get immunized

The influenza season is in full swing and is far from over. Every Albertan over the age of 6 months should get vaccinated to protect themselves and those around them, especially those who are most vulnerable – the children and the elderly.

Caused by a virus that attacks the respiratory system, influenza is a serious illness and is easily spread from person to person. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are without protection against this illness.

Each year, influenza vaccine is developed to protect us against the strains of virus



likely to circulate in our community. When you get immunized, your immune system is prompted to respond and produce antibodies that will arm you against the influenza viruses if – and more likely, when – you are exposed to them again, throughout the season.

Without immunization, your body will not have the opportunity to build its immunity – or armour – against influenza, before being exposed.

Alberta's annual influenza immunization program is on now, offering influenza vaccine, free of charge, to all Albertans six months of age and older. Be it through dozens of drop-in Alberta Health Services' influenza immunization clinics or through your local pharmacist or physician, this winter get protected, stay healthy.

For more info, including local clinic schedules, visit www.ahs.ca/influenza, or call Health Link at 811.

Your Neighbourhood Pharmacy

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

LOCALLY OWNED AND OPERATED, DISCOVER YOUR LOCAL PHARMACY

Winter Eye Care



Your eyes need extra care in the winter. We asked ophthalmologist Dr. Jessica Ting, from the Eye Institute of Alberta, and optometrist Dr. Scott Lopetinsky for advice to keep your eyes at their best all season long.

Wear sunglasses. In winter, around 80 per cent of the sun's UV rays bounce off the snow and into our eyes.

Those UV rays increase the risk of cataracts and macular degeneration. Polarized lenses block harmful rays. If you're skiing or snowboarding, don't forget goggles.

Use good eye drops and turn on the humidifier. Cold, dry winter air can dry your eyes. Ask your eye doctor about lubricating eye drops. Consider getting a humidifier

to keep air moist.

Wash your hands. Pinkeye, also known as viral conjunctivitis, is common during flu season and is very contagious. If you have it, avoid touching your eyes and wash your hands often.

If you have non-urgent health questions or concerns, call Health Link at 811 or visit myhealth.alberta.ca

What is the Proper Registration Process for McLeod Soccer?

There is a misconception that parents must attend the registration session of the community they'd like their child to play in if it's a community other than their home community. The EMSA Soccer Portal has been designed to capture a requested community to play in along with friend or coach request. The portal will automatically place an entry in a transfer queue for both the home and requested communities to approve. The home community approves the transfer out, fol-

lowed by the requested community approving the transfer in. It is recommended parents attend a community league's first registration session to provide the best opportunity to be placed on their desired team. Below are the general guidelines for registering for community soccer. Register online in the EMSA Soccer Portal. Print one copies of the player summary confirmation. If you can't print the player summary, then ensure the player summer

confirmation email is in your inbox on your mobile device. Attend your home community's registration session to purchase a community membership (if necessary), sign up for a volunteer commitment, and pay your soccer registration fees. Be prepared to show government id to verify the player's date of birth. A signed but undated cheque may be required to secure volunteer commitments

such as bingos, casinos, community events, ENZSA events. Determine your community's valid payment methods. McLeod's valid payment methods are cash, credit and debit. Other communities may accept cheques. Please contact me at soccer@mcleodcommunityleague.ca if you have any questions or concerns. Todd McLeod Soccer Director

Benefits of Community Soccer in McLeod

Parents often ask "Why sign up for community soccer?" The most obvious benefit of community soccer is exercise. The average season goes from May 1st to June 30th, with post season opportunities in July for older teams. Players can expect one practice and two games per week, each approximately one hour in duration. The community program focuses on friends playing with friends and having fun. When registering for the McLeod soccer program, players can request to play with a certain friend. We try

to honour the request as best as possible. There are occasions when friend or coach requests cannot be filled, as every team has a team player limit. Players can expect fair field time in regular season games. There are other leagues out there that organize players by skill level and age with an emphasis on winning and unfortunately not all players get an opportunity to play or play with their friends. Community soccer is very affordable. In addition to registration fees, players are responsible for their own footwear, shin pads,

socks, and shorts. McLeod will provide jerseys that will be returned upon season end with the exception for U6 and U8 players who keep their jerseys. Parents will be required to purchase a community membership and sign up for one community service per child to a maximum of two per family. Other soccer programs will have more expensive registration fees, require you to purchase jerseys, and participate in multiple volunteer/fund raising activities. McLeod soccer acknowledges our players have many interests, with soccer only

being one. Our older players, for example, often have part time jobs to earn spending money. McLeod soccer does not penalize players for missing the odd practice or game and we're grateful for them making as many soccer events as possible. Other soccer leagues have been known to bench players for missing practices or games. We hope to see you at one of our upcoming registration sessions starting in February 2019. For more information, please see the McLeod website at www.mcleodcommunityleague.ca.

EMSA Online Registration and Payment

When registering for soccer using the EMSA Soccer Portal, do not select the Credit Card (Online Payment) option. Select the payment option of Other and pay at McLeod hall during a community registration session. If you do select the Credit Card (Online Payment) option, a \$10 surcharge will be added to your registration fee. The EMSA Soccer Portal contains a feature allowing registrants the ability to pay their soccer registration fee online. Proceeds from the online payment are directed back to the player's home community, not the community the player ultimately plays in. This becomes problematic when registration fees are paid online and players register directly with communities other than their home communities. Soccer Directors must then contact the player's home community and request the registration fee be transferred. Occasionally, home community Soccer Directors become frustrated when registrants do not follow proper protocol, registering with the home community, signing up for a home community volunteer commitment and

then requesting a transfer. Additionally, registration fees vary by community. This leads to confusion regarding registration fee discrepancies when attending the desired playing community's registration session. Fees paid online via the EMSA Soccer Portal are subject to a credit card transaction fee, much like retailers pay. ENZA subtracts the credit card fees from the registration fees remits the remaining amount to community leagues. When paying registration fees at McLeod community league by credit or debit card, the community will absorb the transaction fees and they are not charged back to the sports programs. For the outdoor season, McLeod will add a \$10 surcharge to registration fees when the EMSA Soccer Portal payment option of Credit Card (Online Payment) is selected to accommodate credit card fees and administrative overhead. This surcharge will not be added to registration fees when paying by credit or debit card at McLeod hall. Here are the definitions for the EMSA Soc-

cer Portal payment methods. Credit Card (Online Payment) – Credit card information will be collected and credit card will be immediately charge the fees posted on the EMSA Soccer Portal. ENZSA will forward the soccer registration fee less the credit card transaction fee to the home community. Cheque – Player registration fees will be paid by cheque at a community league payment session. Cash – Player registration fees will be paid in cash at a community league payment session. Funding Plan Request – This is an informational checkbox indicating a subsidy request will be made at a community league payment session. The EMSA Soccer Portal does not contain functionality to complete or submit a subsidy application. Other – This indicates a payment method other than those listed above will be used to pay player registration fees at a community payment session. To summarize, McLeod community members selecting the Credit Card (Online Pay-



ment) option will incur a \$10 surcharge as payment is made directly to ENZSA. All other payment options will result in payment at a McLeod community league payment session. Valid payment methods for McLeod community league are cash, credit, or debit. Those paying by credit or debit at a McLeod hall will not incur a \$10 surcharge.

McLeod Outdoor Soccer

Spring registration for Outdoor soccer will take place on February 12, February 26 from 6pm-8:30pm and March 2, 2019 from 1pm-4pm at McLeod Hall. As per prior seasons, we will be using the EMSA Soccer Portal to register players for the upcoming season. Please go to the EMSA North website at www.emsanorth.ca, click on Play at the top of the page, click on Register in the dropdown menu and follow the instructions. If you have played since the 2015/16 indoor season, you will already have an account and will simply need to register your child for the outdoor season. Please bring to McLeod's payment session, one copy of the player registration summary

form, identification for proof of birthdate, payment (cash/credit/debit only - cheques are not accepted as payment for soccer registration), an un-dated but signed cheque for volunteer commitments and Kidsport/Jumpstart applications if applicable. Registration fees are as follows. Last outdoor season, our program consisted of 500 players on 33 teams. We will most likely be short coaches in the U5 – U11 age groups so please consider coaching. Coaching younger age groups is about making new friends, having fun and snacks. All new coaches are enrolled in coaching clinics where you'll learn soccer basics to ensure you're successful. Many of our 2018 outdoor

Age Category	Birth Year	Playing Days	Early Bird Fee	Fee Effective March 3
U5	2014 – 2015	Tues & Thurs	\$110	\$135
U7	2012 – 2013	Mon & Wed	\$115	\$140
U9	2010 – 2011	Mon & Wed	\$145	\$170
U11	2008 – 2009	Tues & Thurs	\$165	\$190
U13	2006 – 2007	Tues & Thurs	\$210	\$235
U15	2004 – 2005	Mon & Wed	\$225	\$250
U17	2002 – 2003	Sun & Thurs	\$235	\$260
U19	2000 – 2001	Sun & Tues	\$240	\$265

coaches will be returning again for the upcoming season. We will also have socks, shin pads, and shorts available for sale for first time players and for those that have outgrown their cur-

rent apparel. Feel free to contact me if you have any questions about registering or coaching: soccer@mcleodcommunityleague.ca Todd-McLeod Soccer Director



Emergency
Medical
Services

February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



Northmount Community League News

Board of Directors for Northmount

POSITION	NAME	Contact	Contact
President	Meagan Plamondon	780-270-1212	president@northmount.ca
Vice President Operations	VACANT		
Vice President Programs	VACANT		
Treasurer	Angela Purves	587-336-7699	
Secretary	Michele Crocker		
Past President	Terry Kitching	780-478-4147	
Adult Programs	Robin Wheatley	780-473-8634	
Area 17	Karen Plamondon	780-478-2010	
Bingo	Angela Purves	587-336-7699	
Facilities	James Crocker	780-717-5885	
Memberships	Robin Wheatley	780-473-8634	
Newsletter	Michele Crocker		newsletter@northmount.ca
Seniors Programs	Margaret Warwick		seniorsprograms@northmount.ca
Soccer	Joanne Cheetham		
Social	Suzanna Ramdass	780-993-2064	social@northmount.ca
Co-Sport Explorerz	Karen Plamondon	780-478-2010	
Co-Sport Explorerz	Sid Plamondon	780-478-2010	

Volunteers Needed

Building a Better Playground for Northmount!

This is YOUR community! This is YOUR playground! We need YOUR help!

Can you believe it's been almost 20 years since the playground at Northmount Park was built? Its life-cycle is almost up. It needs to be rebuilt to improve safety and accessibility! If we don't rebuild, we risk the city shutting it down. No one wants that!

Benefits of Community Playgrounds:

- Improve the overall mental and physical health of young people through activity and social interaction.

- Children release energy as well as develop motor and muscle skills through exercise disguised as play.

- Children learn to make new friends, share, take turns, and enjoy activities with other children from all walks of life.

- Contribute to a reduction in community crime.

- Contribute significantly to a sense of community.

- Improve the physical landscape of a community through providing manicured well maintained spaces for community members to come together and enjoy the outdoors.

It is not too late to join the planning and fundraising committee! Can you help with grant applications or fundraising ideas? Can you help with fundraising events? Are you comfortable approaching businesses' for possible sponsorship? Can you help with planning? Are there ideas you would like to see incorporated? Can you simply help spread the word?

If you are interested, please call our President Meagan at 780-270-1212. No prior experience is required. Our next meeting is November 13 at 7 PM. We'd love to see you there!

Playground Fundraising

Silent Auction at Jox Sports Bar 7:00 PM

Northmount is holding a Silent Auction on Feb 16, 2019 at 7:00 PM at Jox Sports Bar, 15327 97 St. NW. Tickets will be for sale soon! At this time we are

looking for donations to be auctioned. Please contact Maria or Dale at 780 478-2977 if you have items you would like to donate, or if you would like to help out with this event. The community would really appreciate

any help you are willing to give! Our children deserve a safe and accessible playground in their neighbourhood! All proceeds from the silent auction will go to the Northmount playground rebuild!

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!



As your MLA for the past three and a half years, I have been deeply inspired by you.

Faced with a prolonged decline in energy prices, and one of the worst recessions in generations, we have come together with courage and conviction.

There is no question our province has been dealt a tough hand, but we are coming through it with pride and accomplishment. It is with a heartfelt commitment to community that we have decided that we will pull together, and do everything in our power to ensure that no one is left behind.

Since I have become your MLA, my priorities have remained squarely focused on what they were when I first ventured into public life: creating good jobs and diversifying the economy, improving services for families in the Northeast, and building a sense of community as new families join our growing neighborhoods.

Over the past three and half years, we have taken care of each other. For the first time in a generation, parents know that when their kids go to school, their classrooms won't be bursting at the seams. In Edmonton-Manning, our first new Catholic school "Christ the King" opened in 2017, and our first new Public School "Soraya Hafez" will open their doors to young families in September 2019.

We should also take pride that we have collectively chosen not to forget those who often live at the margins of our society. With your sustained

advocacy and support, I was deeply humbled to help shepherd Bill 26, An Act To Combat Poverty and Fight For Albertans With Disabilities, through the legislature this December.

To the leaders and workers in our energy sector, thank you. Your clarion call for economic diversification led to me co-sponsoring the Energy Diversification Act, which will create thousands of jobs and attract billions in investment. The fruits of that labour are now clear, as exemplified by Inter Pipelines \$3.5

billion petrochemical complex in the industrial heartland. Your

vision and commitment to diversification within our energy sector will pay dividends for Albertans for generations.

To the business and civil society leaders in our community, thank you. You pulled together to

host dedicated job fairs every year since I've been a Member, expressly for the residents of Edmonton-Manning. These job fairs were a priority of mine, they were a new project for our community, but their ultimate success was because of you. I can say honestly and humbly, seeing a neighbor get interviewed and hired on the spot has been my single most rewarding experience as your MLA.

Through it all, our community has been a rock. Your volunteerism, spirit of community, and dedication to your fellow Albertan is unmatched in this province.

For all of us that rely on you, in good times and bad, thank you.

Heather Sweet
MLA, Edmonton-Manning



Martial Arts Class at Northmount - Hapkido

We train at Northmount Community Hall at 9208 140 Avenue.

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

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

Northmount 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 or Meagan by phone at 780-270-1212 to let us know what you would like to see happening in your neighbourhood. Are there ac-

tivities 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!

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 set-up & use from Friday morning to Sunday at 5:00

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

Soccer Registration

February 26, 2019 and March 5, 2019 from 7:30-8:30 PM

Outdoor soccer registration will be starting in late February, keep an eye out for the next issue of the Northeast Voice and check out our Facebook Group for more information as the time draws near.

Beat the Seasonal Blues

Many people feel sluggish in the winter, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond being gloomy. People with SAD can experience depression, fatigue and a lack of motivation. Here are eight ways to brighten your outlook this winter:

- Be active. It relieves stress, builds energy, and increases your resilience.
- Soak up some sun. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine.
- Try artificial light for 30 minutes each morning. Consider a SAD lamp that has 10,000 lux, the measurement of the light's intensity. You'll find them at medical supply stores and many drugstores.



- Take a Vitamin D supplement—3000 IU per day may help lift your mood in winter.
- Eat three healthy meals a day, and have healthy snacks between meals. For information, visit www.healthyeatingstartshere.ca.
- Stay hydrated. Most adults need nine to 12 cups

- of water per day.
 - Cut down on alcohol and caffeine. They can worsen SAD symptoms.
 - Try practising mindfulness. Accept your thoughts without judging. Even 15 minutes per day can lift your spirits.
- If you are concerned about your mental health, call Health Link at 811.

Keep learning... stay connected!

Expert led, continuing education courses for adults 50 plus who want to keep learning and stay connected.



Edmonton Lifelong Learners Association (ELLA), in partnership with the University of Alberta have scheduled **over 50 expert-led courses** plus a variety of noon-hour presentations during the **2019 Spring Session of April 29 to May 17**. All of them are located at the University of Alberta.



Registration begins **March 12, 2019** and you can participate in the learning and fun for the low-cost of only **\$275***. There are no prerequisites, homework or marks and **everyone is welcome**.

Explore our programs  my-ella.com or call 780.492.5055



EDMONTON
lifelong learners
ASSOCIATION



UNIVERSITY OF ALBERTA
FACULTY OF EXTENSION

*Bursaries available for participants in need of financial assistance.

National Non-Smoking Week: What are your reasons?

Over the past 30 years, Canada has dedicated a week to advocate and promote awareness about the health effects of tobacco. Alberta Health Services (AHS) recognizes National Non-Smoking Week during the week of Sunday January 20th – Saturday January 26th. During this time, we hope to provide information on the resources and support services that are available to access for anyone who is seeking to reduce or quit their tobacco use.

This year, the AHS Tobacco Reduction Program has set the provincial theme as, "What Are Your Reasons?" This theme is a way to highlight the many reasons that individuals choose to reduce or quit their tobacco use. To spark some inspiration and encourage consideration to anyone's tobacco reduction journey, please find the following list of resources and tips to help you think about your reasons to quit.

- Considering your personal reasons to quit can help you stick with it as it becomes meaningful for you (i.e. money, health, family, freedom).



- Try it first – a "practice quit". Quit for 1, 3, or 5 days. Learn from your experience and then try going longer next time.
- Keep track. Use journal or download an app to track your experience. Reflect on what went well, what was difficult, and how you would improve next time.
- Text to quit. Join the Text to Quit Program from AlbertaQuits. To learn more and to register, visit the AlbertaQuits website: www.albertaquits.ca/quitting/text
- Speak with someone over the phone, call 1-866-710-QUIT (7848) to receive confidential and non-judgmental support.
- Join a group session. QUITCORE is a FREE group program that builds skills in a supportive environment. Sign up for the

next group session running in your area by visiting the AlbertaQuits website: www.albertaquits.ca/quitting/support-groups

Order a QuitKit. Call 1-866-710-QUIT to learn more and order one for yourself.

Visit AlbertaQuits website. AlbertaQuits provides an extensive amount of support and tips to quit smoking, including a customized dashboard around your personal experiences of tobacco use. The website also includes an online community forum where people can post their experiences of tried or successful quit attempts, and are ready to support you in your own journey.

So what are your reasons? How will you celebrate National Non-Smoking Week?



**Last chance
to get our
best pricing
on suites!**

McConachie Gardens Pre-Opening Pricing is Ending!

Opening soon, McConachie Gardens retirement residence offers a variety of lifestyle options including Independent Supportive Living, Assisted Living and Memory Care. Here, residents can enjoy modern finishes, plenty of amenities and health and wellness services to support every need.

**Visit today for a sneak peek of the residence
and to reserve your suite.**

McConachie Gardens
6503 170 Avenue, Edmonton
780-670-9919 • reveraliving.com/edmonton

revera
Retirement Living

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 Feb. 13, 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



saveonfoods
Going the extra mile

Head on over to our customer service desk, mention this ad, and you'll receive a coupon for **1,000 More Rewards points** (when you spend \$75)!