

NORTHEAST VOICE

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

July 2019



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FREE DROP-IN SUMMER GREEN SHACK

LOCATION	DATES	DAYS	TIMES
Kildare 14224 - 74 St	July 2 – August 22	Monday – Friday	10:00 AM – 1:30 PM

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

Neighbourhood 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 5-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit: edmonton.ca/Greeshacks or call 311

McLeod Indoor Soccer



I'm pleased to announce McLeod's indoor soccer registration dates are August 28, September 4 and 7 at McLeod hall.

Fees have not been determined, but will range approximately from \$120 for U5 to \$260 for U19. More information will be posted on the McLeod website in early August. For those currently playing on a McLeod team this outdoor season, you should also receive an email from your coach containing indoor registration information. For those that have transferred from another community, please register in your home community and request a transfer to the desired community you would like to play in.

Todd
McLeod Soccer Director

McLeod Pancake Breakfast



MLA Heather Sweet and Community League members flip pancakes at the 2018 KDays Pancake Breakfast

McLeod Annual KDays Pancake Breakfast

Please come out and join us for our fourth annual KDays Pancake Breakfast. We will be at the Hall serving up free pancakes from 8am to 10am on Monday, July 22nd. The Hall is located at 14715 59 Street.

If you would like to come volunteer for a fun morning of mixing and serving pancakes, please email secretary@mcleodcl.ca

If the weather is good, we will be serving and eating outside. This event is always lots of fun, and our elected officials routinely stop by to try their hand at pancake flipping.

Northmount Community League Day – September 2019

What is Community League Day? From the Edmonton Federation of Community Leagues website;

“Community League Day is an annual city-wide celebration that brings community and volunteers together to make great things happen in our city. Community leagues will host free events like classic car shows, BBQs, anniversaries and bring current community members together in neighbourhoods across Edmonton while encouraging new members to get involved. Get your new league membership and come join the fun!”

We are looking for volunteers to help with Community League Day which is Saturday September 21st this year. We don't always host our event on the exact day the EFCL picks, but we do aim to have it within a week either side. If you are interested in helping plan, organise or volunteer for this event, please give Meagan a call or text at 780 270 1212 or email president@northmount.ca

Upcoming Events in the Northeast

July:

- 1: 2nd Annual Canada Day in the Northeast with MLA Heather Sweet & Councillor Aaron Paquette; Cy Becker Playground & Spray Park; Free BBQ; 4-7pm
- 2: Campfire Tales at EPL Londonderry; 11-11:45am
- 3, 8, 10, 15, 17, 22, 24, 29, 31: Hapkido at Northmount; 7:30pm
- 12: Commotion in the Ocean at EPL Londonderry; 2-2:45pm
- 18: Puppet Party at EPL McConachie; 2-2:45pm
- 18: Green Thumb at EPL Londonderry; 2-2:45pm
- 22: McLeod Annual K-Days Pancake Breakfast at McLeod Hall; 8-10am
- 26: World Traveler at EPL McConachie; 2-2:45pm
- 31: Battle Botts at EPL Londonderry; 3:30-4:30pm

August

- 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
- 21: Park Night with Amity House at Northmount; 6-9pm

August continued

- 22: Slime(y) Science at EPL Londonderry; 2-3pm
- 23: External Performer Cornelius Copperpot at EPL McConachie; 2-2:45pm

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 (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

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

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

Jeff Muiselaar	President	780-478-1759	president@evansdale.ca
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Vacant	Soccer Director		soccer@evansdale.ca
N/A	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	Programs/Sport Explorerz Director	780-984-3298	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 Ring	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	Cassandra.Rijavec@bgcbigs.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 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

Check out the MLAC website @ 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

Zumba Wraps Up for the Season

Thanks to all that participated in the Zumba program this past winter & spring. Have a wonderful summer! Our Zumba program at Evansdale will resume on Wednesday, September 11.

Volunteers Needed: Community Notice Boards

Looking for a volunteer to update our community signage boards at Belle Rive Park (84st/160ave) and Poplar Park (kiddy corner to Rexall). If interested, please contact Mai-Linh at newsletter@evansdale.ca.

Visit Our Website and Facebook Page



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

Website: www.evansdale.ca

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

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

Benefits of Community League Membership

Free community league swims:

Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm

Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm

O'leary Pool (8804 132 Avenue) Saturdays 4 - 6 pm

Discount on City of Edmonton annual wellness

passes

Hall rental discount
Discounts for community league events and programs
Play community sports such as soccer



Evansdale Hall Rental Information

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.

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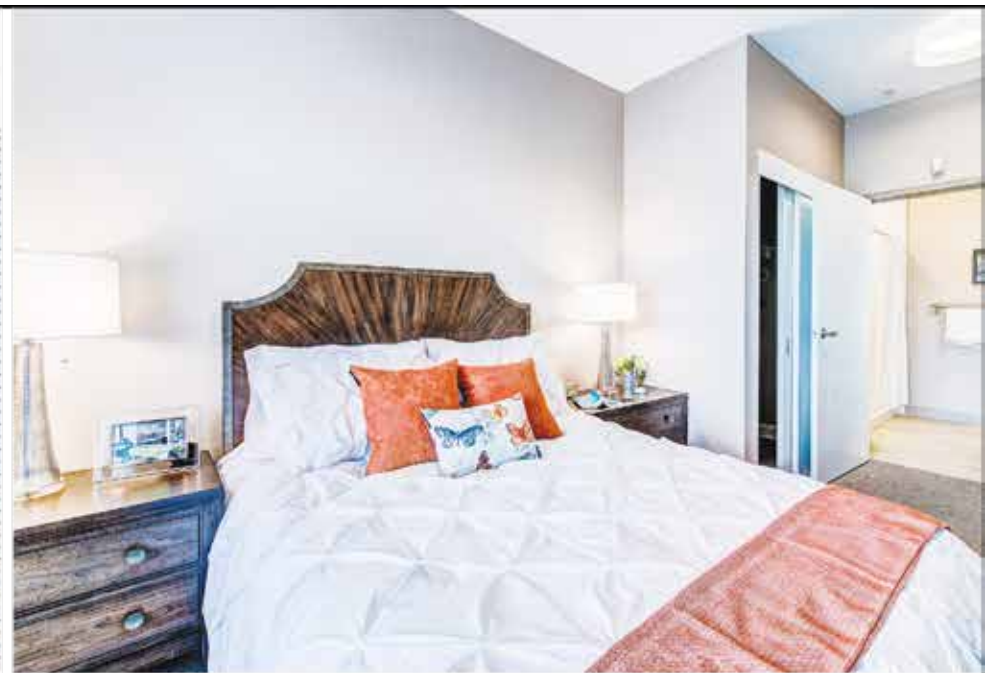


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or book online at weiss-johnson.com

*conditions may apply



McConachie Gardens Grand Opening Celebration!

Thursday, July 11 • 6pm – 9pm

Drop by for food, drinks, prizes and giveaways.

ASK ABOUT LIMITED TIME MOVING INCENTIVES!

Event Parking at Slovenian Canadian Association Hall
16703 66 St NW & on 170 Ave NW.


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Kilkenny Community League News

Kilkenny Community League Yard Sale

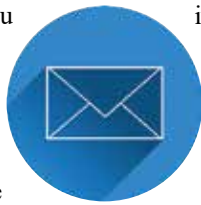
Do you find Garage Sales irresistible? Found a few extra items that need a new home during your spring cleaning? Kilkenny will hold a garage sale on Friday July 5th 12-8 and Saturday

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 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 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.

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.

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"!

Kilkenny Preschool

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

Sports Registration



Sports registration August 19 and 28 at Evansdale hall

Here comes the sun (screen)



Ah, the lazy, hazy days of summer. The sun shines brightly—and strongly. When it does, these tips will make your time in the sun safer.

Check the UV index, which measures sun strength. You can be sunburned in as little as 15 minutes. When the UV index is between 3 and 8, everyone, especially kids, needs sunscreen. If it's above 8, these tips will reduce your risk of sunburn as well as heat rash, heat stroke and, over time, skin cancer.

Safety tips
1 Cover up: Wear wide-brimmed hats, UV-blocking sunglasses and thin light-coloured clothing

1 Limit the rays: Take frequent breaks in the shade or indoors

1 Apply and re-apply sunscreen: Put it on every two hours (at least). Match the sun protective factor (SPF) to the UV index and your skin's sensitivity to sunlight. Babies have thin skin and can burn easily. Keep them out of the sun. Use an SPF 30 lip balm on your lips.

1 Stay hydrated: Bring lots of water with you when spending time outside, and drink often, before you're thirsty

1 Car safety: Never leave your child or pet alone in a car. Your car can heat up quickly, even on days that do not seem very warm.

Try to stay out of the sun between 11 a.m. and 3 p.m., when the sun's rays are strongest and the UV Index is at its highest.

NEIGHBOURHOOD SUMMER DAYCAMP

AN ARTIST'S BISTRO

DATE	TIME	AGES	COURSE CODE	COST
Monday - Friday July 8-July 12	9:00AM - 4:00PM	6-9 years	657429	\$169

Kilkenny Community League
14910 - 72 Street

Exercise your creativity in the kitchen and the studio! Over the week of the camp, you will create both works of art and tasty treats. At the end of the week, you will set up an Artist's Bistro in which you will display your creations and serve your guests some of the recipes you've learned.

Registration Now Open!

To Register:

- Call 311
- Online at movelearnplay.edmonton.ca
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Kilkenny Community League for access to their facility

Splash safely this summer

Summer and water go together like peanut butter and jam—how can you have one without the other?

Summers in Canada are earmarked for outdoor fun, such as swimming, boating and other water-related activities. As pleasurable as water can be, it has some serious risks. Here's how you and your family can reduce them.

Pool safety:

Teach your child to swim.

Always closely supervise children when they're in and near water.

Have adequate barriers around backyard pools to keep everyone safe and secure.

Open water safety:

Teach children to swim parallel to shore if caught in a water current.

Never allow children to swim in a lake if an adult is not present; be within arms'



reach at all times.

Never let small children swim in rivers or other fast-moving water.

Boating safety:

Life jackets are mandatory for all children and adults in Alberta while on a boat.

Blow-up water rafts, mattresses or other devices are not safe replacements for a

life jacket.

Make sure your life-jackets are the right sizes for you and your children.

Diving safety:

Diving headfirst into the water is not safe for children or adults without proper training and confirming water depths.

Enter backyard pools, lakes and other bodies of water with unknown depths gradually and feet-first.

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

Londonderry Community League

Hall Rental

Check our website:
www.londonderry.online

NEIGHBOURHOOD SUMMER DAYCAMP

Edmonton

LITTLE SPORTS OF ALL SORTS



DATE	TIME	AGES	COURSE CODE	COST
Monday - Friday July 29-August 2	9:00AM - 11:30AM	4-6 years	657291	\$90

Londonderry Community League

14224 - 74 Street

Preschoolers will have a ball at this camp! Learn basic skills such as jumping, skipping, hopping, galloping, and catching through relay races, obstacle courses and other sport related activities.

Registration Now Open!

To Register:

- Call 311
- Online at movelearnplay.edmonton.ca
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Londonderry Community League for access to their facility



Heat Related Illness



With the return of summer weather, 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.

www.albertahealthservices.ca

All types of play build skills

Play is the foundation on which children build lifelong skills and positive relationships with themselves and others.

Who will be the princess and who will be the pony? How will we get across this lava to safety?

In a make-believe world, those kinds of big, creative decisions build healthy bodies and minds. Children learn to build and explore their world and their relationships with others.

"Children are usually told to brush their teeth and go to school, where to sit, which clothes to wear and when to go to bed," says Laura Crawford, program facilitator with Alberta Health Services' Early Childhood program. "Play lets them take the lead. It helps them balance those daily routines and unwind by doing things the way they want to."

When kids lead play, they develop self-esteem and confidence. They learn to be

creative and solve problems; their language skills grow. And when they name objects and describe their feelings, they make vital brain-cell connections that support learning and understanding.

Children play in different ways. Active play is running, jumping, kicking, throwing and catching. It gives children the chance to explore how their body moves, and move in increasingly complex ways. Pretend play is using imagination and acting out scenes and situations. It lays the foundation for language, literacy and problem-solving.

Creative play is making arts and crafts, building sandcastles and more. It lets children use their hands and minds to create. And it helps them learn to express themselves and tune their fine motor skills.

Play can also provide a valuable emotional release. Children may not always have the words to express

their feelings, but they can express them by playing a role, drawing a picture or telling a story.

By playing together, kids learn to empathize with others and understand the give-and-take of relationships.

"The play experience helps children to broaden their understanding of the world. They learn how to get along with others, share, make friends, take turns and express themselves and their ideas," Crawford says.

"Play is the foundation on which children build lifelong skills and positive relationships with others and themselves. They need to play every day."

Read the full article in Apple magazine's fall 2017 issue on applemag.ca.

To find out more about 'What's your balance?' visit ahs.ca/whatsyourbalance.

You can also join the conversation on social media by using the hashtag #AHSwhatyourbalance



BBQ
You're invited
Sunday August 4, 2019
11:00am-3:00pm
Steele Heights Community League
5825 140 Avenue



ZIAD 
ABOULTAIF MP
EDMONTON MANNING
RSVP 780-822-1540 or
ziad.aboultaif.c1@parl.gc.ca

Chris Nielsen
MLA Edmonton-Decore

Our constituency office team is here to help residents with provincial government departments, programs and services.

Constituency Office
#5, 9228 - 144 Avenue
780.414.1328
edmonton.decure@assembly.ab.ca




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We are looking for **healthy volunteers** (ages 5-95) to undergo an **MRI of their brain** for research

If you would like to learn more, please **contact us** by
e-mail: **brainmri@ualberta.ca**
or phone: **(780)983-7232**



North Edmonton Seniors Society
7111-132 Ave. 780 718 4141 Programs for Seniors



Hours Of Operation
Daily 12 - 6 pm

- **Tax Return Filing Assistance**
April 20/21; 12 - 3 pm
- **Neighbourhood Cleaning Program**
Saturdays only until October 31:
1 - 2 pm
- **Yoga Camp**
Saturdays; 8 - 9 am
- **Application Services**
Saturdays By Appointment Only
- **Annual General Meeting**
Saturday, June 22; 1 - 3 pm
- **Canada Day Celebrations**
Monday July 1; 2 - 4 pm
- **Vaccination Camp**
October 12; 12 - 3 pm
- **Remembrance Day at Legion**
November 11; 11 am

Community Awareness Seminars

Saturdays Only		
Until October 15; 3 - 4 pm		
01 June	Health Care	Surinder Kaur Toor
15 June	Fraud Prevention	Harry Grewal
29 Jun	Road Safety	Gurcharan Garcha
13 Jul	Homeopathy	Dr. Avtar Bhatti
20 Jul	Eye Care	Dr. Narpinder Jassar
27 Jul	Immigration	Jesse Gill
03 Aug	Depression	Dr. Moti Lal
10 Aug	Defensive Driving	Balwinder Dhanoa
31 Aug	Sleeplessness	Dr. Kulshan Gill
07 Sep	Elder Abuse	Jesse Gill
21 Sep	Seniors Benefits	Peter Sandhu
28 Sep	Estate Planning	Jagdeep Grewal
05 Oct	Dental Care	Dr. Jatinder Parhar



Evansdale Pharmacy

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Umang Trivedi
Ushma Patel
Shireen Ateereh

We accept all insurance plans

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

FREE Delivery



Our Hours

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

8216 144 Avenue
Edmonton AB T5E 2H4

780-478-7713

Evansdale Medical Clinic

Accepting New Patients

780-478-0975

Our Services

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

We're OPEN

6 DAYS a week

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

8214 144 Avenue
Edmonton AB T5E 2H4



Dr. Kondi
Diabetes/Internal Medicine Specialist

Dr. Zubi
Pediatrics Doctor

2nd Annual
CANADA DAY
in the Northeast

July 1 4-7PM
Cy Becker Playground and Spray Park
Free BBQ!

A partnership between
MLA Heather Sweet and
Councillor Aaron Paquette

HEATHER SWEET
MLA for Edmonton - Manning

14904 50 Street NW, Edmonton, AB T5A 5H7 780.414.0714
Edmonton.Manning@assembly.ab.ca

Family Friendly Fun!

NEIGHBOURFEST
"Bringing our Community Together"
A free event Wednesdays 6:30-8:30 pm
@ Steele Heights Baptist Church 5812-149 Ave.

shbc.ca

Aug 7
Community Carnival

Aug 14
The Amazing Race

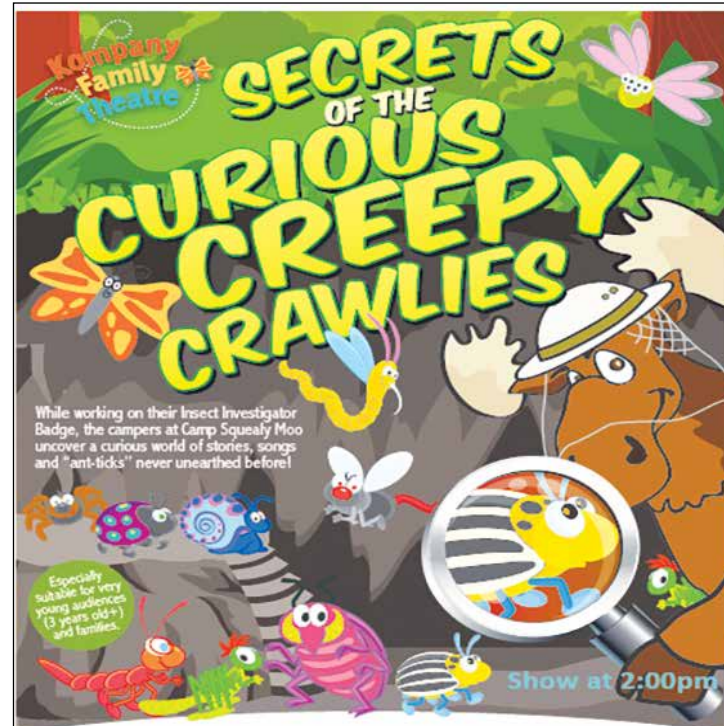
Aug 21
Camp Night



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 Explorers	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
Casselman 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

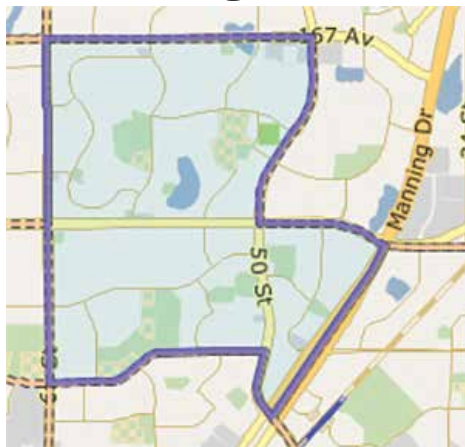


McLeod
Community League Day
"Get to Know Your Neighbors"
Saturday, September 21, 1:00-3:00pm
McLeod Centre 14715-59 Street

- 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 President's Message

Hi everyone,
As we head into summer, I want to wish everyone a wonderful and safe vacation season and hope to see you at our free Community League Day event on September 21 (the poster for this great event is in this newsletter).



McLeod's 50th anniversary takes place in 2020 and the Board has already started thinking about how we will celebrate this milestone. If you are interested in being part of the planning for this, we would love to hear from you. Please contact me at president@mcleodcl.ca.

Did you know that community leagues are unique to Edmonton? McLeod is one of 159 community leagues in Edmonton who are represented by the Edmonton Federation of Community Leagues (EFCL). The EFCL is celebrating its 100th anniversary in 2021 and its Community League Plaza project in Hawrelak Park is going ahead. This project represents a significant upgrade to the park and will feature a gathering place, a

scenic pathway along a stream, seating and viewing areas, and information about all the volunteer work of community leagues that have made our City a better place for citizens. Please go here for more information: <https://efcl.org/events--projects/efcl-100-year-anniversary/>.

The EFCL will be at the Servus Heritage Days Festival from July 30-August 2 at Hawrelak Park so please drop by their tent to see the Plaza plans in more detail or to just say hi!

Regards,
Leanne Rosinski

McLeod Outdoor Soccer

Hard to believe, but the outdoor season is quickly coming to a close. Mother nature was unkind the first week of May which resulting in a compressed schedule and teams playing on non-standard nights. Thankfully the weather has cooperated since which has allowed everyone to settle into a routine.

This year McLeod soccer has 486 players participating on 31 teams ranging from U5 to U19. We have quite a few rising stars in the U5 and U7 programs. It's great to see the players making new friendships and enjoying the soccer experience. It's what community soccer is all about. Our 9's to U19's are old pros and we welcome the players who have winter commitments and can only play spring soccer.

Cities for U9 will be June



22 - 27 and July 2 - 7 for U11 - U19. Successful tier 4 and 5 U13 - U19 teams may advance to provincials or the EMSA all-star event July 19 - 21.

In order to expedite the return of soccer equipment at the end of the outdoor season, please ensure jerseys for U9 and up teams are promptly returned to coaches. Please consider bringing t-shirts for your children to change into

after the last game so you can promptly return the jersey. U5 and U7 players get to keep their jerseys. Thank you for your assistance.

Finally, thank you to all the coaches who've volunteered their time to teach, mentor, and inspire our community members. They are the shining lights that make everything possible.

Todd
 McLeod Soccer Director

McLeod Community Safety Director

July's Alberta Traffic Safety Calendar focus is Impaired Driving. The information listed below is taken word for word and directly from the Alberta Government Transportation Website. To view or would like more information go to <http://www.transportation.alberta.ca/impaireddriving.htm>

Implemented April 9, 2018

For drivers with blood alcohol of .08 or over, who are impaired by alcohol, drugs or their combination, or who fail or refuse to provide a breath or blood sample

Alberta Administrative Licence Suspension:

As of April 9, 2018, the Alberta Administrative Licence Suspension is two-staged, fixed-term driving suspension consisting of two distinct parts:

- a 90-day driving suspension where the suspended driver is unable to drive under any circumstances, AND

- a further one-year driving suspension where the suspended driver may be eligible to drive on a condition that they participate in Alberta's Ignition Interlock Program. If they choose not to participate, they will remain suspended during this one-year term with no ability to drive to legally.

Escalating Vehicle Seizures:

- 1st Alberta Administrative Licence Suspension: 3-day vehicle seizure

- 2nd and subsequent Alberta Administrative Licence Suspension: 7- day vehicle seizure

Penalties Under the Criminal Code (Canada):

- 1st Criminal Code

(Canada) Conviction: Driver's Licence Suspension, completion of the "Planning Ahead" Course, and 1 year of Mandatory Ignition Interlock Program Participation.

- 2nd Criminal Code (Canada) Conviction: Driver's Licence Suspension, completion of the "IMPACT" Program, and 3 years of Mandatory Ignition Interlock Program Participation.

- 3rd or Subsequent Criminal Code (Canada) Conviction: Driver's Licence Suspension, completion of the "IMPACT" Program, and 5 years of Mandatory Ignition Interlock Program Participation.

A preceding Criminal Code (Canada) conviction for impaired driving, and participation in the Mandatory Ignition Interlock Program will supersede a new Alberta Administrative Licence Suspension.

If a driver is serving both a provincial Ignition Interlock Program term and one imposed by the Courts, Ignition Interlock Program participation may run concurrently.

If the client wishes to participate in the Alberta Administrative Licence Ignition Interlock Program during the 2nd phase of the driving suspension (of the 1-year term), the client is required to purchase and submit an Ignition Interlock Program Application to Driver Fitness and Monitoring.

If the same client wishes to participate in the Mandatory Ignition Interlock Program as a result of the criminal conviction, the same client would then be required to purchase and submit another Ignition Interlock Program Application to Driver Fitness and Monitoring, along with a

legible copy of the "Order of Driving Prohibition Against an Offender" from the Courts (once they have 30 days or less remaining in the federal driving prohibition term).

Implemented April 9, 2018

For new (GDL drivers with cannabis or illegal drugs over .00

Any driver with the Graduated Driver Licence (GDL) Program found with any level of blood drug concentration over .00 will be subject to the same sanctions they currently are for alcohol - Immediate 30-day Driver's Licence Suspension and 7-day vehicle seizure.

It should be noted that 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.

Impaired Driving affects us all. With so many options out there is no excuse to get behind the wheel while impaired.

Bicycle Thefts:

Bicycle Thefts are on the rise and I want to give you some tips to help ensure your bicycle is not stolen.

- Ensure your bicycle is locked to a bike rack or in a secure building such as a locked garage or shed. Do not leave it in plain sight unsecured.

- Ensure the frame and any easy quick release wheels are secured with a cable lock to the bike rack.

- Register your bike on Bike Index or Project 529 Garage. You will need the make and model of the bicycle along with a photo to upload and the serial number. If your bicycle is stolen make sure you attend your

closest police detachment and fill out a statement. Having a photo and serial number is crucial to help police get your bicycle back to you if its recovered.

Boating Safety Ensure you have your boating license.

Your Pleasure Craft Operator Card (PCOC) is like a driver's license and once you have your PCOC it's yours for life. The PCOC is mandatory for anyone operating a pleasure craft with any type of motor, and the operator should be sure to have their original PCOC card "on board". Violation Ticket can be issued if you do not have it on your person. Photo on your smartphone or photocopy is not sufficient.

- Always check the local weather conditions before departure- TV, radio or weather apps on your smartphone can give you up to date and time of current weather conditions. If you notice darkening clouds, strong winds, or sudden drops in temperature, get off the water immediately and take cover on the nearest shoreline.

- Ensure you and everyone on board is wearing a life jacket or personal flotation device. Ensure they fit properly. A large majority of drowning victims from boating accidents were found not to be wearing a life jacket or personal flotation devices.

- Practice safe boating by not mixing alcohol, marijuana or illegal drugs before or when you are on the boat. Just like driving under the influence, boating under the influence of alcohol, marijuana or illegal drugs is an offense under the Criminal Code of Canada. If you are plan-

ning to consume alcohol or marijuana on your boat, you must be anchored and have permanent sleeping, kitchen and toilet facilities on board.

- If you're going to be in and around the water, proper boating safety means knowing how to swim. If you are not a strong swimmer, I encourage you to take swimming lessons before going out in or on the water.

- Ensure your boat is running properly before heading out into the water. You can purchase what are called ears. They consist of two flat opposing rubber cups, one with a hose connection, on both sides of a long U-shaped bracket that allows them to seal against both sides of the lower drive unit over the normally-submerged water intakes. The two cups on the U-bracket look like earmuffs, and thus the term. You hook a water hose to them. If you have never used them there are great video's on U-Tube that shows you what to do. If still not sure do not attempt and have a local marine shop ensure your boat is operating properly.

- Very important and many people forget. Make sure your boat plug is in!

- Make sure you have the safety equipment on your boat as required by law. Check Transport Canada Website to check what you need to have on your boat. Violation Tickets can be issued if you do not have proper safety equipment on board

- Lastly be courteous and boat launches. Safely and as quickly as possible get your boat in the water and remove your vehicle and trailer so the next person can load or unload. If you see someone that is struggling lend a

hand. Some people are new to boating and may need a few pointers.

Fire Prevention

Fire Bans come and go in the province. Before you light on check <https://albertafirebans.ca/> to determine if there is a ban or restriction in your area. Lighting a fire when there is a ban or restriction can lead to Violation Tickets being issued and you could be billed for the cost of the fire service to respond and put out the fire or any damage your fire has caused.

If you are having a fire let the fire burn down before you plan on putting it out. Spread the embers or ashes around in the fire pit and then add water or loose dirt and stir. Water is preferred. Any wood still burning add more water or loose dirt until you can no longer see smoke or steam. Don't bury your fire or leave it believing it will go out on its own. Embers will smolder and can re-emerge as a wildfire especially if a wind picks up. To ensure your fire is out check and see if you feel any more heat from a safe distance. Don't stick your hands in or too close to the wood or ashes.

If you are a smoker please do not throw you cigarette out the window of your vehicle. Put it out in an ashtray and dispose of when it is out.

Construction Zones

Please do not speed in construction zones. When workers are present the fine amount doubles. Please help ensure you and the workers stay safe. Even if construction workers are not present the posted lower speed limit will still be in effect if there are safety hazards in that construction zone.

Matt Berry Community Hub

Work continues towards the development of a Community Hub for residents of Matt Berry and Hollick-Kennyon. 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 specifically looking for the follow-

ing:

- 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 League Dance Program

The McLeod Community League Dance Program finished off their second dance season on a high!

The dancers competed in two Dance Festivals and the dancers came out on top, finishing with 9 Silver Medals, 4 High Silver Medals, 15 Gold Medals, 2 Most Promising Awards, 2 Adjudicators Choice Awards, & 2 Outstanding Trophies. One of the dancers was also asked to compete in the final showcase, what a huge ac-

complishment for all these dancers! The teaching staff, parents and supporters are proud of all our dancers for their hard work and dedication!

We are now accepting registrations for our fall program and you can join this amazing dance community! We offer classes 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. E-mail



danc@mcleodcl.ca or call Amy at 780-893-5151 and sign up today!

We are also offering summer classes in July! If you would like more information on this, please e-mail dance@mcleodcl.ca

McLeod Supports YEG Treasures: Protecting the Visser Forests and Farmlands

As Edmonton continues to expand, conserving gems like the Visser lands in Edmonton's river valley is more important than ever.

Nestled in a curve of the North Saskatchewan River in the northeast end of Edmonton is a special piece of land that has incredible natural, agricultural and historical value. The landowner, Doug Visser, feels that this 233-acre parcel of land has value worth protecting, and is working with the Edmonton and Area Land Trust (EALT) to make sure it will be conserved in the future.

At a special event held at the Visser lands on May 25, 2019, dozens of Edmontonians came out to experience the outdoors, particularly the unique old-growth forest and amazing social justice garden on site, and got a feeling for just how special this place really is.

The northern 93 acres of the land is composed of the largest old-growth forest within the Edmonton city limits. Old-growth forests have astonishing biodiversity.

The Visser forest is home to over 90 species of birds, many large mammals such as moose and coyotes, as well as a wide variety of plants that support these wildlife species. Many of Alberta's Species at Risk have been spotted here too, including the Peregrine Falcon, Sandhill Crane, Sora, and Baltimore Oriole.

The entire plot of land is adjacent to the North Saskatchewan River, which acts as an important corridor for wildlife. In addition, the banks and riparian areas around the river provide unique habitat for aquatic and semi-aquatic wildlife.

The Visser forest also has cultural significance. Areas of the forest have been used by Indigenous people for many decades, since it supports growth of many important medicinal plants. The forest continues to be used for traditional ceremonies and for educating Indigenous youth.

And it's not just the forest that is special here. The other 140 acres of land are mostly agricultural, with



gently sloping south-facing soils that are wonderfully fertile. Lady Flower Gardens (LFG) occupies about 6 acres of the farmlands. LFG is a non-profit that

works to empower disadvantaged, impoverished, and immigrant communities through vegetable gardening. Apart from the benefits of connecting with the out-

doors, those who partake in the tending, weeding and harvesting duties may share in the earth's bounty at the end of season, with the surplus donated organizations

like the Edmonton Food Bank, the Mustard Seed, Hope Mission, or the Bissell Centre.

Unfortunately, residential development is increasingly pressuring the Visser forests and farmlands. The landowner wants to solve this problem by placing a Conservation Easement on the land, held by EALT. Under a Conservation Easement, it is EALT's legal responsibility to monitor and protect this land forever, no matter who owns it in the future. The organization hopes to secure the lands by the end of 2019.

The Edmonton and Area Land Trust, which focuses on conserving this region's natural areas, is a recent 2019 Emerald Award Winner for environmental excellence, and has secured 12 other precious lands like this one in and around the city.

You can help protect this Edmonton treasure by donating to help with the front-end costs associated with placing a Conservation Easement on the land here: www.ealt.ca/potential-forest-and-farmland

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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!

President's Message

Welcome to the start of Summer! Over the past month Northmount has been busy with some exciting events. On May 31st and June 2 we had our 4th Annual Komarynsky Softball tournament. Thank you to the volunteers who made it a huge success this year.

June 9th we had our 3rd Annual Superhero day! There were lots of fun games, activities and superheroes galore! Thank you to

everyone who volunteered. As well, a special shout out to Dickensfield Amity House and North Central Edmonton Early Years Coalition for partnering with Northmount Community to make this happen.

June 13th was our 2nd Annual Pride in Northmount Park celebration. Together with Dickensfield Amity House and North Central Edmonton Early Years Coalition we made this event

a huge success to celebrate Pride in the north end of Edmonton. Thank you to all the Community agencies, and volunteers, who helped make this event complete.

For July and August, events and programs will slow down as our volunteers will be taking time off with their families. Please stay tuned for new events in the fall!

Enjoy the warm weather!
 Meagan Plamondon
 President

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 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

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 or call 311.



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