

# NORTHEAST VOICE

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

March 2019



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

## Register Your Child for Sport Explorers

Sport Explorers is a community-based program which aims to align with Canadian Sport for Life (CS4L) – “a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health as well as aligns community, provincial and national programming.” This program is also guided by the principles of Physical Literacy. These principles are a part of the foundational stages of the Long Term Athlete Development model set by Sport Canada for all sports in the development of athletes and for individuals to be active for life.

In Sport Explorers – 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 and to be confident and competent in both a competitive sport setting and recreational settings throughout their life. Sport Explorers – 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 Explorers

- A fun, safe and challenging environment to explore and develop fundamental movement skills.
- Involves games and play where children have equal opportunities 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 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, etc.

- Promotes connections for brain development and memory.
- Children who are physically literate move with confidence and competence in a wide variety of activities
- Free play is incorporated to encourage creativity, cooperation, and independence in children as they practice moving in different ways.

the following website: [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca).

SE- Active Start programs are eight weeks in total. Fees are \$50 (each child receives a Sport Explorers t-shirt). Volunteer/community service is required. Parent attendance is required. Instruction and supervision is only provided to registrants. No refunds will be given after the start date of the program (volunteer/community service must still be completed).

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

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

Parents will be asked to choose two preferred days/times and will be contacted prior to program start to confirm. We will make 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 at time of registration (you can purchase one in advance at [efcl.org](http://efcl.org)). Please ensure you bring a blank cheque for your volunteer/community service.

SE – Fundamentals (7-9 YO) Spring Break Camp March 25-29, 2019 This week-long, full-day camp will introduce a variety of fundamental sport skills in an engaging way. No previous experience required! Spots are limited! Children must be seven years-old at March 25, 2019 in order to register.

Please go to [sportexplorers.ca](http://sportexplorers.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.

### Upcoming Events in the Northeast

#### March

- 2: McLeod Sports and Programs Registration
- 4: NESAs Spring Club Registration
- 4, 6, 11, 13, 18, 20, 25, 27: Hapkido at Northmount; 7:30pm
- 6, 13, 20, 27: Dances at NESAs; 7-10pm; doors @ 6:45pm; \$8/member or \$11/non-member
- 11: NESAs Spring Program Registration
- 13: Puzzle Sale in NESAs Lobby
- 15: St. Paddy's Day Sing-A-Long & Tea at NESAs; 2-4pm; \$5/person; tickets on sale until March 8
- 16: Northmount's Old-Fashioned Hall Party; 7pm; \$20
- 24: Build a World at EPL McConachie; 3:30pm
- 26: Dinosaur Adventures at EPL Londonderry; 1:30pm
- 28: NEBA Breakfast Mixer & Networking Event at Albert's Londonderry Mall; Presentation: Networking in the Digital Age; 7:30-9am; RSVP at [neba.ca](http://neba.ca)
- 28: Puppet Adventures at EPL Londonderry; 1:30pm
- 29: Code Breakers at EPL McConachie; 3:30pm

#### April

- 1, 3, 8, 10, 15, 17, 22, 24, 29: Hapkido at Northmount; 7:30pm
- 2-6: Spring Book Sale at NESAs
- 3, 10, 17, 24: Dances at NESAs; 7-10pm; doors @ 6:45pm; \$8/member or \$11/non-member
- 5: Parenting in Two Cultures at EPL Londonderry; 10am
- 6: Community Garage Sale & Spring Craft Fair at NESAs; books, jewelry, and puzzles donations accepted; 9am-3pm
- 6: Spring Bake Sale at NESAs; donations of baked goods needed: drop off between 9am and 3pm on April 4 & 5

### April continued

- 12: A Tribute to Buddy Holly, Johnny Cash and Elvis featuring Jaedyn Pilon; doors @ 5pm; dinner @ 5:30pm, show @ 7pm; tickets on sale until April 5; \$50
- 12: Sing, Sign, Laugh & Learn at EPL McConachie; 10:30am
- 17: NEBA Breakfast Mixer & Networking Event at Fairfield Inn & Suites; guest speaker Loan Gowers; 7:30-9:30am; RSVP at [neba.ca](http://neba.ca)
- 20: Minecraft Club at EPL McConachie; 3:30pm

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

### Location Addresses:

- Centrepointe Church – 5940 159 Avenue
- Clareview Rec Centre – 3804 139 Avenue
- Evansdale Hall – 14811 95A Street
- G Edmund Kelly Spray Park – 15005 79 Street
- Heritage Hall – 7406 139 Avenue
- Kilkenny Hall – 14910 72 Street
- Kingsway Legion – 14339 50 Street
- Lago Lindo Hall – 17123 95 Street
- Little Mountain Cemetery – 16025 54 Street
- Londonderry EPL – in Londonderry Mall
- Londonderry Hall – 14224 74 Street
- McConachie EPL – 16607 50 Street
- McLeod Hall – 14715 59 Street
- North Edm Seniors Asscn (NESAs) – 7524 139 Avenue
- Northmount Hall – 9208 140 Avenue
- Ozerna Park – 7010 158 Avenue
- Steele Heights Baptist Church – 5812 149 Avenue
- Steele Heights Hall – 5825 140 Avenue

## LONDONDERRY

# Community GARAGE

## SALE

Sat. April 6, 2019  
9 AM - 5 PM

JOIN US

Londonderry Community Hall  
14224 - 74 Street NW

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

# Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

## Evansdale Community League Board & Committees

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

Jeff Muiselaar	President	780-478-1759	<a href="mailto:president@evansdale.ca">president@evansdale.ca</a>
Vacant-volunteer today!	Vice President		<a href="mailto:vicepresident@evansdale.ca">vicepresident@evansdale.ca</a>
Shawna Walsh	Past President	780-237-2169	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
David Dodge	Director of Sustainability	780-478-6162	<a href="mailto:sustainability@evansdale.ca">sustainability@evansdale.ca</a>
Ray Costley	Soccer Director	780-660-4230	<a href="mailto:soccer@evansdale.ca">soccer@evansdale.ca</a>
Mazen Kaddoura	Treasurer		<a href="mailto:treasurer@evansdale.ca">treasurer@evansdale.ca</a>
Sue Harris	Credits	780-473-8796	<a href="mailto:credits@evansdale.ca">credits@evansdale.ca</a>
Jim Young	Secretary		<a href="mailto:secretary@evansdale.ca">secretary@evansdale.ca</a>
Elaine Sarac	Membership Director	780-476-7442	<a href="mailto:membership@evansdale.ca">membership@evansdale.ca</a>
Todd Sharkey	Hockey Director	780-238-3910	<a href="mailto:hockey@evansdale.ca">hockey@evansdale.ca</a>
Shawna Walsh	Bingo Director		<a href="mailto:bingomanager@evansdale.ca">bingomanager@evansdale.ca</a>
Jenilee Hoffort	Sport Explorers Director	780-984-3298	
Vacant-volunteer today!	Program Director	780-905-4554	<a href="mailto:programs@evansdale.ca">programs@evansdale.ca</a>
Jim Ragsdale	Director at large		
Mai-Linh Huynh	Newsletter & Social Media	780-680-9408	<a href="mailto:newsletter@evansdale.ca">newsletter@evansdale.ca</a>
Jeff Muiselaar	Area 17 Representative	780-478-1759	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
Vacant-volunteer today!	Belle Rive Sign Volunteers		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Jim Young	Evansdale Sign Volunteer		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
N/A	Eaux Claires Playground	780-641-6171	<a href="mailto:ecbr@evansdale.ca">ecbr@evansdale.ca</a>
Terri	Hall Rentals	780-478-4444	<a href="mailto:hallrentals@evansdale.ca">hallrentals@evansdale.ca</a>
N/A	Skating Rink	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	<a href="mailto:Cassandra.Rijavec@bgcbigs.ca">Cassandra.Rijavec@bgcbigs.ca</a>

## Beat the Winter Blues with Yoga

Did you know that regular yoga practice can boost serotonin levels, helping to ward off feelings of fatigue and lethargy? Come beat the winter blues at Evansdale Hall on Thursdays from 7:30-8:30pm as we stretch, strengthen and relax our way to a sunny mood.



\$13/class, or \$11/class with full registration paid on the first day of class. Please bring a mat, water, and a towel or blanket.  
9111-150 ave  
Thursdays 730-8:30pm, No class April 4  
\$13/class for drop-in  
Or \$11/class with full registration  
Contact [evansdaleyoga@gmail.com](mailto:evansdaleyoga@gmail.com) to register or for more information.

All levels welcome, no previous experience required. Caring, supportive environment. Drop-in fee

## Skating at Evansdale Rink (weather permitting)

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.

## Spring Break Camp - Sport Explorers for 7-9 year olds

Registration dates for Evansdale Community League | 9111-150 Avenue NW | Rink Shack are the following:  
February 21 & March 7, 6:30-8:30pm  
March 2, 11:00am-2:00pm  
Refer to poster for more information about the camp.

## Need Help on Homework? Join Our 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 programming for kids ages 6 and up - Monday to Fridays. Call the club to find out more 780-822-2560.

## Outdoor Soccer Program Cancelled, Sport Explorers Continues

Due to unforeseen circumstances there will not be an outdoor soccer program for 2019. Therefore we will not be having registration dates at Evansdale Hall.

To register you must go to the ENZSA office (9006 - 132 Avenue). If you require assistance completing your online registration please ask for Kylee (or other ENZSA staff) and

## Visit Our Website and Facebook Page

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

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

## 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](mailto:evansdale50@evansdale.ca).

## Community League Memberships

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

\$25 family  
\$10 single  
\$10 seniors

\$15 single parent  
\$15 couple with no children

Contact Elaine Sarac at [membership@evansdale.ca](mailto:membership@evansdale.ca) or 780-476-7442 to get your Evansdale Community League membership. Please leave a voice message if you cannot reach Elaine by phone.

If you are in a rush, you can buy memberships at the Edmonton Federation of Community Leagues website: [www.efcl.org](http://www.efcl.org)

## Benefits of Community League Membership

- Free community league Avenue) Saturdays 4 – 6 pm swims:
- Discount on City of Edmonton annual wellness passes
- Hall rental discount
- Discounts for community league events and programs such as soccer
- 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

## 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](mailto:hallrentals@evansdale.ca).

**SPRING BREAK CAMP**

March 25-29, 2019  
Dickinsfield School

What to expect:

- 7-9 year olds
- Learn 6 different sports
- Free camp T-shirt
- Nutrition and team building workshops

Cost:  
\$175.00 // 9am - 4pm  
\$200.00 // 8:30am - 4:30pm

Registration:  
[www.sportexplorers.ca](http://www.sportexplorers.ca)



# Evansdale Pharmacy

Right beside the Medical Clinic

## Practicing Pharmacists

Azhar Qureshi  
Umang Trivedi  
Ushma Patel  
Shireen Ateereh

## We accept all insurance plans

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

# FREE Delivery



## Our Hours

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

8216 144 Avenue  
Edmonton AB T5E 2H4

780-478-7713

# Evansdale Medical Clinic

Accepting New Patients

780-478-0975

## Our Services

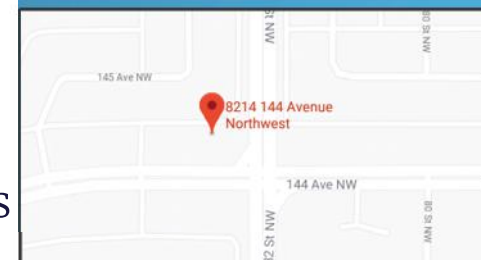
- Pediatrics
- Diabetes & internal medicine
- General medical concerns
- Drivers medical
- Wart treatment
- Flu shot and pneumonia injections

## We're OPEN

# 6 DAYS a week

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

8214 144 Avenue  
Edmonton AB T5E 2H4



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

**Dr. Zubi**  
Pediatrics Doctor

City of Edmonton **Yellowhead Trail Freeway Conversion Program**

# Let's talk

## 82 Street to 50 Street: 66 Street Intersection Closure

We want to know what is important for the City to consider when planning the removal of the 66 Street traffic signals and closure of the other nearby accesses. If these changes will impact you, your travel routines, or your neighbourhood, we want to hear from you.

For More Information: [edmonton.ca/Yellowhead82to50Street](http://edmonton.ca/Yellowhead82to50Street)

### Online

Go online at [edmonton.ca/Yellowhead82to50Street](http://edmonton.ca/Yellowhead82to50Street) to share your input.

### Drop-in Public Events

#### Tuesday, March 5, 2019

4:30 p.m. - 8 p.m.  
Jerry Forbes Centre for Community Spirit  
12122 - 68 Street

#### Saturday, March 9, 2019

10 a.m. - 1 p.m.  
Balwin School  
7055 - 132 Avenue

REFINE

SHARE YOUR VOICE  
SHAPE OUR CITY

Edmonton

# Kilkenny Community League News

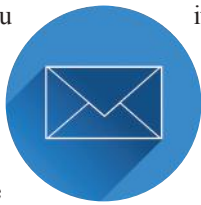
## Hall Rentals

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

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

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

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



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

## Kilkenny Is Looking For Female Coaches

Over the last few seasons the North Soccer Zone has seen a decrease in the numbers of girls that are playing soccer. All communities are gathering ideas on how we can get more girls involved and stay in soccer. Kilkenny feels like the first place to start is having more Women coaches. Women coaches are role models for girls and teach them to celebrate being a female athlete. Please contact us if you know of any

girls/women who would like to coach, help us increase the number of girls involved in soccer, and be a role model for young girls. We are hoping to have female coaches for the younger age group who will move up with those same girls. If you have any other ideas that can help girls get involved in the soccer program, please email me at [soccer@kilkenny.ab.ca](mailto:soccer@kilkenny.ab.ca) Thank You, Amber Fink Soccer Director

## Kilkenny Indoor Soccer 2018-2019 Wrap Up



Kilkenny Community Soccer Teams had a great Indoor Season. All the kids had a great time and learned a thing or two about Soccer. The U7 - Coach Anderson had a great first season of playing soccer and even played in their first tournament. The U9 Girls - Coach Fink played their first season on a whole soccer field and only missed the play offs by a few points. The U9 Boys - Coach Danyluk played

their heart's out. These boys played with a very small roster, but had a huge hearts. U11 Boys - Coach Hua, these boys placed first in the Polar Cup and now are playing in the City Finals. U13 Boys - Coach Chandra had a great season. Played in the FC Memorial Tournament and just missed city finals. U17 Girls - Albury - These girls played in the Polar Cup Tournament placing in third and now are off to Cities.

## Little Kickers Is Back At Kilkenny



We would like to let you all know, that Kilkenny will be going back to running a "Little Kickers" program. This would fall in the U5 category. If you have, or know anyone who has children 3-4 years old that are interested in this program, please spread the word! We will be offering both the U5 program AND the Sport Explorerz program, in the spring of 2019!

## KILKENNY OUTDOOR SOCCER REGISTRATION 2019

Spring registration for Outdoor soccer will take place on February 28, March 7 from 6:30 pm-8:00pm and March 9, 2019 from 10:00am to 1:00pm at Kilkenny 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](http://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 Kilkenny's payment session, two copy of the player regis-

tration 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 Kid-sport/Jumpstart applications if applicable. Registration fees are as follows.

Last outdoor season, our

Age Category	Birth Year	Playing Days	Early Bird Fee	Fee Effective March 8
U5	2014 - 2015	Tues & Thurs	\$110	\$135
IJ7	2012-2013	Mon & Wed	\$115	\$140
LJ9	2010-2011	Mon & Wed	\$145	\$170
U11	2008 - 2009	Tues & Thurs	\$165	\$190
IJ13	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

SERVING THE PEOPLE OF EDMONTON MANNING

If I can be of assistance to you on any federal matter, please do not hesitate to contact my office.

- Canada Pension Plan/Old Age Security
- Guaranteed Income Supplement
- Citizenship Inquiries
- Immigration Matters
- Canadian Passport/Consular Affairs
- Business Opportunities/Grants & Funding
- Student Loans
- Taxation Issues

ZIAD

ABOULTAIF MP

EDMONTON MANNING

SUITE 204A 8119 - 160 AVE.  
 EDMONTON, AB T5Z 0G3  
[ZIAD.ABOULTAIF.C1@PARL.GC.CA](mailto:ZIAD.ABOULTAIF.C1@PARL.GC.CA)  
 780-822-1540  
[WWW.ZIADABOULTAIF.CA](http://WWW.ZIADABOULTAIF.CA)

program consisted of 300 players on 20 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 coaches will be returning again for the upcoming season. We will also have socks, and shorts available for sale for first time players and for those that have outgrown their current apparel. Feel free to contact me if you have any questions about registering or coaching: [soccer@kilkenny.ab.ca](mailto:soccer@kilkenny.ab.ca) - Amber Fink Kilkenny Soccer Director

# 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

Londonderry - a great place to call home!

### DOUBLES CRIB NIGHT

Interested in playing crib?

We meet every second Friday  
in the upstairs social room at Londonderry Hall

14224 - 74 Street

Start time is 7:00 p.m. sharp  
so come early to register!

**Bring your partner** and  
join us for crib and snacks.

The cost will be \$5 per person  
with optional fees for 50-50 and the 29 hand pot.

**Upcoming Dates:** **Beginners are welcome!**

January 11 & 25  
February 8 & 22  
March 8 & 22  
April 5 & 19  
May 3



[WWW.LONDONDERRY.ONLINE](http://WWW.LONDONDERRY.ONLINE)

## Londonderry Community League

### Hall Rental

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

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

**Hot Dogs  
&  
Chili Dogs**

**Arts & Crafts  
& Fun Stuff!**

**Meet the  
Easter Bunny!**

## MORNING COFFEE GROUP

Tuesdays • 10 AM - 12 PM

February 13<sup>th</sup> & 27<sup>th</sup>

March 13<sup>th</sup> & 27<sup>th</sup>

April 10<sup>th</sup> & 24<sup>th</sup>



**Londonderry Community Hall  
Upstairs Social Room**

Have you made connections in your neighbourhood?  
Would you like to get to know your neighbours  
and create a more close-knit community?

Join us for free coffee or tea on the 2nd & 4th Tuesday of  
each month for an opportunity to meet new friends!  
(No commitments, no sign-ups, no sales pitches!)

Contact Helen at 780-475-6728



# McConachie Gardens is Now Open!

Visit  
today!

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

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

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

## McConachie Gardens

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

  
revera®  
Retirement Living  
*Your kind of place*



THE  
*Sky's*  
THE  
*Limit*



QUALICO<sup>®</sup>  
communities

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

**FIVE NEW SHOWHOMES NOW OPEN!**

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



# McLeod News

McLeodCL  
 @McLeodCommunity  
 14715 59 Street  
 www.mcleodcommunityleague.ca

## McLeod Wants You to Know About Social Justice Gardening in NE Edmonton



There's a gem in the north-east corner of Edmonton, hidden within 233 acres within a loop of the river. This land supports Edmonton's largest old-growth forest, rich and productive farmlands and more. It has never been touched by logging or gravel mining, and is recognized by the City of Edmonton as an Ecological Core Area.

Besides having ecological and agricultural values, the land supports a unique social justice community garden, Lady Flower Gardens ([www.ladyflowergardens.com](http://www.ladyflowergardens.com)), because the landowner believes in social justice and giving back to the community. LFG, a non-profit, operates on 6-7 acres of Doug Visser's land, and works with groups focused on social justice to provide opportunities for newcomer, vulnerable, disadvantaged and homeless citizens to better themselves and others, through gardening.

The kinds of groups that partner with this community garden, are front-line agencies like the Mustard Seed Community Support Centre. They help disadvantaged and homeless Edmontonians come out for the day to participate in gardening, and experience growing, weeding, and harvesting fresh vegetables for the Bissell Centre and Mustard Seed kitchens, and the Food Bank. The commercial agriculture operation operating on over 100 acres, lends its equipment to LFG. Participants get the benefits of working with the soil in the fresh air, and giving back to the community by harvesting on behalf of others, and taking a portion of the fresh harvest home themselves.

Some of the groups that participate include: The Mustard Seed, Native Counselling



Services of Alberta, Autism Edmonton, the Hope Mission, Boyle Street Community Centre, Bissell Centre, Operation Fruit Rescue, Inner City Recreation and Wellness, Wecan Food Basket, The Winnifred Stewart Society, Ambrose Place and the Edmonton Food Bank – truly amazing! In addition, LFG has been working with the Forest Study Group which operates out of their forest, to bring participants to the forest to learn more about nature through guided interpretive walks.

To ensure that the land's ecological, agricultural and social justice benefits are continued and protected into the future, the Edmonton and Area Land Trust (EALT) has been working with the landowner for several years, with the goal of placing a Conservation Easement on the entire property. EALT is a local environmental charity working to conserve the natural areas within and around Edmonton for the benefit of people, wildlife, and biodiversity, by securing and stewarding natural areas. A Conservation Easement at Lady Flower Gardens, and the surrounding forest and farmland, will ensure that this special place is conserved, and can give back to the community in perpetuity.

To conserve this area, EALT needs funding to cover initial costs to set up a Conservation Easement, and ongoing costs to monitor it forever. If you love old-growth forests, rich farmlands and social justice, you can find out more, including how to donate, at EALT's Potential Forest and Farmland ([www.ealt.ca/potential-forest-and-farmland](http://www.ealt.ca/potential-forest-and-farmland)) webpage. You can help ensure that this land is conserved for its ecological, agricultural and social justice benefits, forever!

## Imagination 101 Spring Registration at McLeod



Imagination 101 is an exciting artistic adventure for children grades 1-5. Class takes place every Wednesday evening from 6:30-7:30pm in the Activities Room at McLeod Community League. During Imagination 101 we dance, listen to music, play instruments, and create incredible art works!

Recently we have been learning about colour theory, abstract art, Piet Mondrian, and Pablo Picasso. We have painted using acrylics, drawn with oil pastels, shaded with pencil crayons, and sketched with pencils. The young artists have stretched their imaginations, danced like maniacs, played some silly games, made music with different instruments, and created incredible art! Imagination 101 is always a great time!

Fine arts is so important in the social, emotional, intellectual, and physical development of children. Skills such as problem solving, imagination, motor skills, and self confidence grow

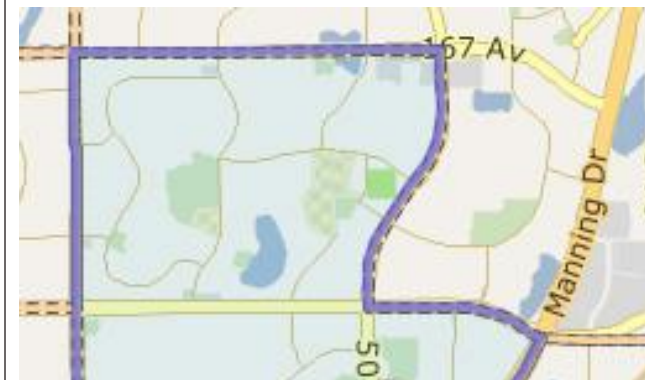


through fine arts experiences. Children are naturally curious and love to create. Imagination 101 is a program that nurtures and encourages young artists to explore fine arts in a safe and supportive space. Children are given the opportunity to learn through music, movement, and art while playing and having fun.

Registration for the Spring Session of Imagination 101 is now being accepted. Dates, times, and costs are listed below

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

## McLeod President's Message



Attention residents! This is your opportunity to provide feedback to the City respecting the Yellowhead Freeway Conversion. On March 5 and 9, the City is hosting drop-in public engagement events to share project information on specifically, the Yellowhead Trail and 66 Street intersection.

Tuesday, March 5, 2019  
 Jerry Forbes Centre for Community Spirit  
 12122 - 68 Street  
 Drop-in 4:30 - 8:00 p.m.  
 Saturday, March 9, 2019  
 Balwin School  
 7055 - 132 Avenue  
 Drop-in 10:00 a.m. - 1:00 p.m.

It has been extremely cold lately and my thoughts have turned to those who are struggling to keep warm in frigid temperatures. Dickinsfield Amity House is a family resource centre providing support services to

the community in the community since 1972. They are always looking for donations of clean, gently used clothing and shoes and small household items. Currently, they desperately need winter clothing for men and winter accessories such as gloves and toques. Please contact Tracy to arrange to drop-off or a pick-up: [TracyP@amityhouse.ca](mailto:TracyP@amityhouse.ca).

McLeod will soon be recognizing National Volunteer Week which takes place April 7-13, 2019. This year's theme is "The Volunteer Factor – Lifting Communities" and 158 community leagues have and continue to play a central role in "lifting" our neighborhoods. Thank you to all the volunteers who give of their time to build better and stronger communities!

Regards,  
Leanne

## Thinking for Registering for Soccer in McLeod?

McLeod held its first registration session February 12. It's not too late to register as we will be holding two more registrations on February 26 6-8:30pm and March 2 1-4pm at McLeod hall. You are encouraged to attend the February 26 registration session as we will start forming teams shortly thereafter.

As per the last several 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](http://www.emsanorth.ca), click on Play at the top of the page, click on Register in the drop-

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

down menu and follow the instructions.

Please bring to McLeod's payment session, a 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 reg-

istration), an un-dated but signed cheque for volunteer commitments and Kidsport/Jumpstart applications if applicable.

Registration fees are as follows.

We will also have socks, shin pads, and shorts available for sale for first time

players and for those that have outgrown their current apparel.

Feel free to contact me if you have any questions about registering or coaching: [soccer@mcleodcommunityleague.ca](mailto:soccer@mcleodcommunityleague.ca)

Todd  
McLeod Soccer Director



## Discounted City of Edmonton Rec Centre Passes

McLeod Community League has partnered with the City of Edmonton to offer discounted single day admission passes to select attractions in Edmonton. These passes are sold on a cost recovery basis to Community League members from any community league in Edmonton at about a 35% discount from the regular admission price. This is an excellent example of one of the many benefits of holding a community league membership.

Passes can be ordered and paid for at the Community League Price until March 13, 2019 and the passes will be distributed near the end of April.

For questions or to order these passes please contact Richard at [softball@mcleodcl.ca](mailto:softball@mcleodcl.ca)

Item	Community League Price	Regular Price	Savings	Ages
City of Edmonton - John Janzen Nature Centre - Family Pass	\$10.75	\$17.00	\$6.25	All members of the same household related by birth, legal status or marriage up to a maximum of 7 people
City of Edmonton - John Janzen Nature Centre - Adult	\$5.05	\$8.00	\$2.95	13+ years (General Admission)
City of Edmonton - John Janzen Nature Centre - Youth/Senior	\$5.05	\$8.00	\$2.95	13+ years (General Admission)
City of Edmonton - Valley Zoo - Family Pass	\$28.75	\$45.50	\$16.75	All members of the same household related by birth, legal status or marriage up to a maximum of 7 people
City of Edmonton - Valley Zoo - Adult	\$8.90	\$14.00	\$5.10	18-64 years
City of Edmonton - Valley Zoo - Youth/Senior	\$7.50	\$11.75	\$4.25	13-17/65+ years
City of Edmonton - Valley Zoo - Child	\$5.55	\$8.75	\$3.20	2-12 years
City of Edmonton - Muttart - Family Pass	\$23.50	\$37.00	\$13.50	All members of the same household related by birth, legal status or marriage up to a maximum of 7 people
City of Edmonton - Muttart - Adult	\$7.90	\$12.50	\$4.60	18-64 years
City of Edmonton - Muttart - Youth/Senior	\$6.75	\$10.50	\$3.75	65+ years
City of Edmonton - Muttart - Child	\$4.25	\$6.50	\$2.25	2-12 years
City of Edmonton - All Facility Recreation Facility - Family Pass	\$20.00	\$31.50	\$11.50	All members of the same household related by birth, legal status or marriage up to a maximum of 7 people
City of Edmonton - All Facility Recreation Facility - Adult	\$7.25	\$11.50	\$4.25	18 - 64 years
City of Edmonton - All Facility Recreation Facility - Youth/Senior	\$5.75	\$9.00	\$3.25	13-17/65+ years
City of Edmonton - All Facility Recreation Facility - Child	\$4.60	\$7.25	\$2.65	2-12 years
*Note all passes expire Dec. 31, 2020				

## McLeod Hosts Third Annual Del Golinowski 3v3 Hockey Tournament

On Saturday, January 26th, McLeod Community League hosted our third annual hockey tournament. After a week of warm weather, there was some question as to whether the tournament would go ahead at all. With our rink attendants toiling well into

the night prior to the tournament, and back on the ice before 6am the next morning, we were able to have the ice ready to go. Thankfully, some cloud cover preserved the ice until about noon, and we were able to get a full tournament wrapped up in a half day.



Thanks to all the teams who came out and made it a really great day, and thanks to Anthem Sportswear for setting our winners up with attention-grabbing toques!

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# Northmount Community League News

## 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!

## Hall Rentals

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

Fridays & Saturdays all functions:

\$450 for Non-members

\$350.00 for Members

Wedding Special \$700.00 - Hall is yours to setup & use from Friday morning to Sunday at 5:00

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

## A Good Old Fashioned Northmount Hall Party

Sat. March 16th – 7 PM  
– A Good Old Fashioned Northmount Hall Party. Join the Committee and Members of the Community League for a Northmount Hall Party, with proceeds going towards our playground re-build. Tickets will be on sale for \$20 and will

include a night of fun with your neighbours, music, and refreshments. The night will begin at 7:00 PM. We will also have door prizes, 50/50 tickets, and a raffle. If you have any questions, please contact Maria at 780-478-2977.

## 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!

## Hapkido Class

Northmount Community Hall at 9208 140 Avenue.

Mon & Wed: All ages/  
Drop Ins 7:30 -9:30 PM

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

Cost can be a combination of a registration fee and or working a bingo. 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 long and close-range fighting techniques. It emphasizes circular motion, redirection of force, and control of the opponent.

For questions, email:

[sidplamondon@outlook.com](mailto:sidplamondon@outlook.com)

## Seniors – We Need Your Input!

Northmount Community League has a motivated Director of Seniors Programs, but she needs your help. Contact Margaret at [senior-sprograms@northmount.ca](mailto:senior-sprograms@northmount.ca) or Meagan at 780-270-1212

to let us know what you would like to see happening in your neighbourhood. Are there social or fitness activities you would like to see? The Community League is here for your benefit.

## President's Message

Our AGM is fast approaching and Northmount is in critical need of volunteers. We are looking for help with various positions on the board, including volunteers to help with other tasks required to keep the hall and programs operating. If you would like to see programs and activities running, please give me a call or text at 780-270-1212. If we do not get more volunteers, then programs and events will not be able to continue in our

neighbourhood.

Northmount Community League's playground is at the end of its life cycle, to replace the outdated equipment, we need to fundraise to help cover the costs. If you want to keep a playground in Northmount, please consider joining our playground fundraising committee.

Please give me a call at 780-270-1212 if you are interested to help out! Thank you, Meagan Plamondon

## AGM – April 16, 2019 – 7 pm

Our Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee and volunteer positions. If you or someone you know is interested, please attend our meeting or contact Meagan by phone/text at 780-270-1212 or email [president@northmount.ca](mailto:president@northmount.ca)

We can only keep the doors open by relying on dedicated

volunteers. That is why we need your help!

The following Board Positions need to be filled:

President, Vice-President Operations, Vice-President Programs, Treasurer, Secretary, Facility Director, Bingo Director, Casino Director, Area 17 Council Representative, Soccer Director, Sport Explorers Director

• Board Members meet every third Tuesday of the month, except for July and August

If you want to get involved but do not want to hold a board position, various Committee and volunteer positions are available:

- 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 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.



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# 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 April 1, 2019

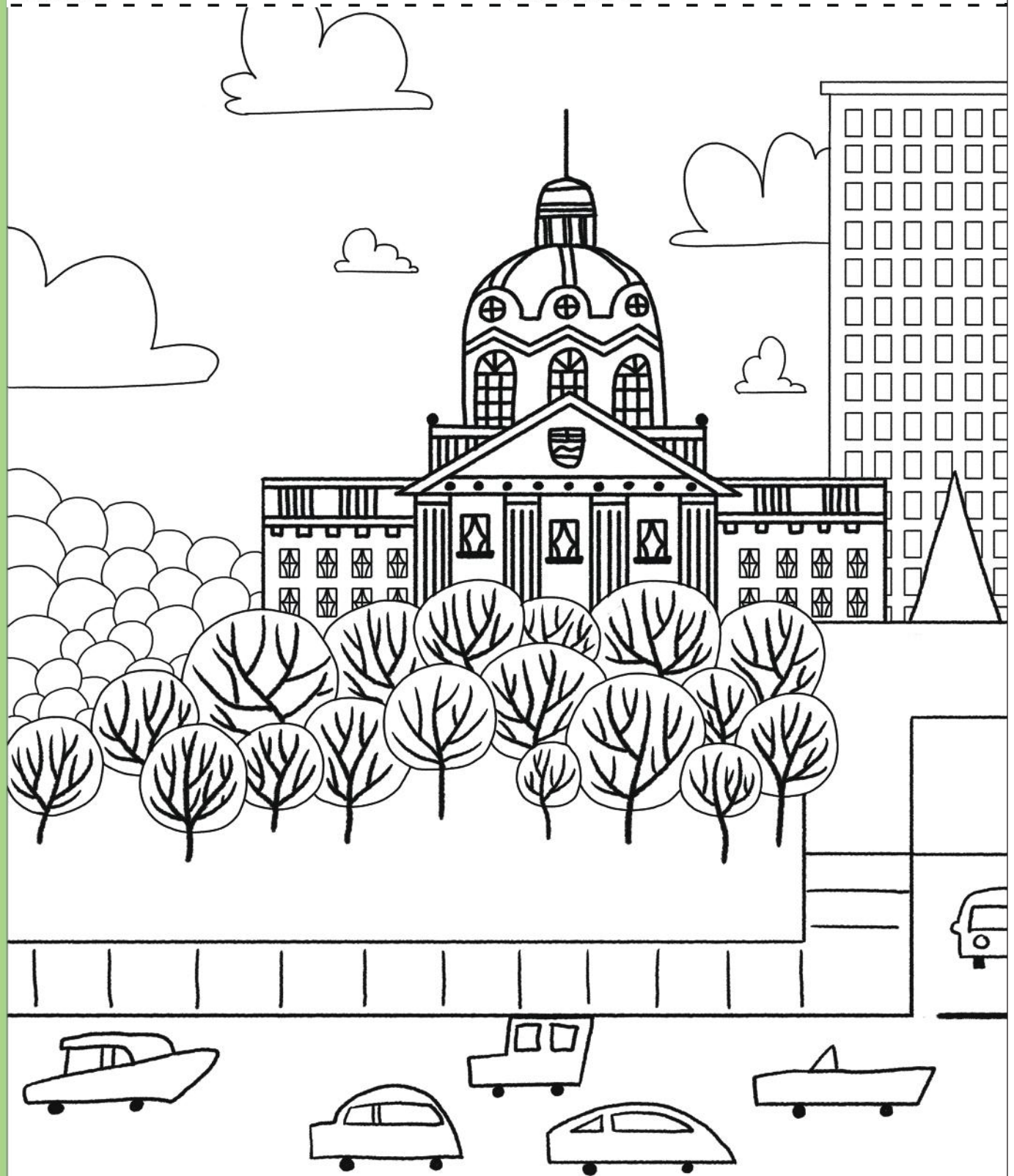
Visit your North Side Save-On-Foods stores for friendly faces and great quality products!

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