

NORTHEAST VOICE

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

May 2019



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

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).

Kilkenny League YARD SALE

JULY
5 noon-8pm
6 10am-6pm

TURN YOUR CLUTTER INTO CASH!
 Calling all to **COME SELL & SHOP**

For more information or to reserve your table, call Anna @ 780-478-2481
 Table Rentals: \$20 Reserve your spot by June 20 Vendors set up July 4 from 5-8pm
 14910 - 72 Street NW

Outdoor Soccer

Outdoor Soccer Season is just around the corner. The season is scheduled to start on May 1st, hopefully the weather continues to stay nice. Kilkenny will be running 11 teams, from U5 to U13. 160 players will be wearing the Kilkenny Cougars Jerseys. They play every day of the week, so if you have a chance please come out and support the Kilkenny Cougars. The kids love to play for their fans. If you are still interested in having your child play for Kilkenny we have limited spots available. Please email Amber at soccer@kilkenny.ab.ca.

Amber Kilkenny Soccer

SAVE THE DATE

Londonderry Community League AGM

Monday, June 10th, 2019
 7:00 PM
 LONDONDERRY COMMUNITY HALL
 14224 - 74 St NW
 REFRESHMENTS WILL BE SERVED

Upcoming Events in the Northeast

May

- 1: Dance at NESAs. Chwill Brothers. \$8. 7pm-11pm.
- 2: Homework Help for Teens @ EPL Londonderry; 630-830pm
- 3: Youth Talk @ EPL Londonderry; 3:30pm
- 3: Teen Gaming @ EPL Londonderry; 5pm
- 4: Lego at the Library; EPL Londonderry; 4pm
- 5: Practice English @ EPL Londonderry; 130pm
- 6: Baby Laptime @ EPL Londonderry; 130pm
- 6: Makercade @ EPL Londonderry; 4pm
- 7: Minecraft Club @ EPL Londonderry; 4pm
- 8: Dance at NESAs. Ghost Riders. \$8. 7pm-11pm.
- 10: Mother's Day Mad Hatters Tea at NESAs; \$5; Tix on sale from 2 Apr to 3 May
- 13: Summer Safari registration starts at NESAs
- 14: Family Storytime: World Language Mandarin @ EPL Londonderry; 630pm-7pm.
- 15: Baby Laptime at EPL McConachie; 2pm
- 15: Dance at NESAs. Convertibles. \$8. 7pm-11pm.
- 16: NESAs AGM
- 17: NESAs Garden Club Plant Sale
- 20: Makercade at EPL Londonderry; 4pm
- 21: Family Storytime: World Language Mandarin @ EPL Londonderry; 630pm-7pm.
- 22: Dance at NESAs. Diamonds. \$8. 7pm-11pm.
- 28: Family Storytime: World Language Mandarin @ EPL Londonderry; 630pm-7pm.
- 29: Taste of NEBA at McLeod Windows and Doors (15311 128 Ave); 5pm to 7pm; free to attend; food tickets for sale at event
- 29: Dance at NESAs. Sparkling Tones. \$8. 7pm-11pm.

Jun

- 3: Senior's Week Events at NESAs. Tea & Vintage Fashion Show. 1-4pm.
- 3: Senior's Week Events at NESAs. Art Show & Sale.
- 4: Senior's Week Events at NESAs. Recital.
- 4: Family Storytime: World Language Mandarin @ EPL Londonderry; 630pm-7pm.

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 (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

NORTHEAST COMMUNITY Summer Festival 10th ANNIVERSARY

Join us for an exciting day!

June 15, 2019
 11am-4pm
 Londonderry Junior High School in the field

Fun for the whole family.

FREE!

Want to Volunteer? edmonton@fusioncanada.ca

Festival Skills Training Night
 May 30 | 6pm
 Emmaus Lutheran Church

Questions? 780-699-1087

Fusion CANADA "Together With Hope" fusioncanada.ca

For a full list of sponsors and for more details about the festival check out NortheastCommunityFestival.ca

Northmount's 4th Annual Softball Tournament - May 31, June 1&2

Join Northmount for a fun filled weekend of softball! Join a team or come cheer on Northmount! Concession items will be served all weekend long. If you are interested in putting in a team

or joining the Northmount team, call or text Meagan at 780-270-1212. Northmount Community this has to be the year to beat out McLeod Community League for First Place!

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community Board & Committees

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 Rink	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	Cassandra.Rijavec@bgcbigs.ca

Address: 9111 - 150 Avenue, Hall Phone 457-0948

Mailing address: Box 71023 Northwood Mall Post Office, Edmonton, Alberta T5E 6J8

E-mail address: www.evansdale.ca

Homes for Heroes Public Open House: Tiny Home Village Proposed in Evansdale

Homes For Heroes Foundation is a non-profit organization supporting veterans. Our mandate is to provide the framework needed to ensure all military veterans are given the opportunity to successfully reintegrate into civilian life.

Homes For Heroes is currently working on a development proposal in the community of Evansdale located at 9404-152A Avenue NW and 9323-153 Avenue NW. The site is in the southeasterly corner of the intersection at 153rd Avenue NW and 94A Street NW. The proposed plan is to build a tiny home village with full support service for our Canadian military veterans who are experiencing a challenging time transition back to civilian life. The Evansdale Homes For Heroes village will have approximately 20-25 tiny homes, a resources cen-

ter, councillor's office, community gardens, park space, and a memorial tribute to soldiers lost in Afghanistan.

A public open house is being hosted by the Homes For Heroes Foundation to inform and seek input from the surrounding community regarding our proposal. It is our intention for the tiny home development to integrate well into the existing neighbourhood and to be a source

of pride for the community. The open house is a great opportunity to learn more about this project, ask questions about the tiny home village, and provide feedback to the Homes For Heroes development team.

Please join us:
Date: Wednesday, May 8th 2019
Time: 5.00pm to 7.00pm
Location: Evansdale Community Center (Sports Building) 9111 - 150 Avenue NW

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



Recharge with Yoga at Evansdale Hall

9111-150 ave

10 Thursdays

7:30-8:30pm

April 25 - June 27

\$110 for 10 weeks or \$13/

class for drop-in

All levels welcome. Come

try it out in a safe, supportive,

positive environment. Please

bring a mat, water bottle, and

a towel or blanket.

Contact evansdaleyoga@

gmail.com to register or for

more information.

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 program-

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

Evansdale's 50th Anniversary Celebration in 2021

A few members of the Executive Board recently delved into Evansdale's history and discovered that Evansdale officially incorporated as a society in 1971. As such, the 50th Anniversary of the Evansdale community league would be

in 2021 and not this year, as originally thought.

The Board decided to wait until September 17/18, 2021 to celebrate Evansdale's 50th. In the meantime, they will continue to work on the gathering of names of all the

presidents, executives, and any other items of interest such as photos or articles of Evansdale over the years. If you have useful tidbits or would like to help, please email Jeff at president@evansdale.ca.

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

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

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, \$300dam-

age deposit

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

Visit Our Website and Facebook Page

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

book!

Website: www.evansdale.ca

Facebook Page: www.

facebook.com/evansdale-

communityleague



Kilkenny Community League News

President's Message

Good day everyone. I would like to thank all of our executives and volunteers that helped with registration. I would also like to thank our coaches who have stepped up to help us with our teams. Thank you for your support. Amber, our soccer director, and Char our baseball director, thank you for all the hard work that you've done with setting up the teams. I hope that everyone will enjoy their new season with their teams and coaches. There will be a Special Resolution meeting on June 14 at the hall to have a final pass on the updated bylaws.

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 Northeast Voice? We would like to hear from you! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter! Please send it to Sean, Publicity Director at publicity@kilkenny.ab.ca or leave a message at 780-807-6089.



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



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, con-

tact 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"!

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Umang Trivedi
Ushma Patel
Shireen Ateereh

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Saturday & Sunday
10am - 5pm

8216 144 Avenue
Edmonton AB T5E 2H4

780-478-7713

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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

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

President's message

Happy Spring to everyone. I hope everyone reading this is happy and healthy.

June is fast approaching. This is when we renew our purpose and bring in new members to the Board of Directors at our Annual General Meeting. The AGM will be held on June 10 at 7 pm at the Community Hall (14224-74 St). Refreshments will be served! The following positions are available: Sports, Special Events, and Grant Directors. If you have any interest in any of these positions, please we would love to hear from you. Send

me an email at president@londonderry.online

On another note our community garden will not be running this year. Before we can proceed, we must develop a Board of Directors, create a strategic plan, and do a study in the neighborhood to make sure this is what our community wants. Anyone interested on working with me to develop the plans required to have a community garden please email me at the above email address.

Thanks, and have a great summer.

Angie Ewanchuk

It's about more than the Mouth

Did you know that a healthy mouth is also an important part of your overall health?

Anyone who has experienced poor oral health can attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being.

On the other hand, health conditions can affect oral health. For example, diabetes increases the risk of gum disease while gum disease can make diabetes harder to manage.

Gum disease, along with tooth decay and oral cancer

are common chronic oral diseases. They share common risk factors with other chronic diseases including, heart disease, respiratory illness, diabetes and other cancers.

The good news? Making healthy lifestyle choices helps prevent and manage oral diseases while impacting other chronic diseases. Eat more fruits and vegetables, use less sugar, drink less alcohol, and choose to be tobacco free. For good oral hygiene brush with a fluoride toothpaste and floss daily. Visit your dentist regularly.

For more information on oral health, visit www.ahs.ca/oralhealth.

Your most important relationship is with you

Your most important life-long relationship is with you. Your circumstances and the messages you tell yourself influence how you navigate that relationship.

If your circumstances include an unhealthy relationship or poor work-life balance, you may need to make some life decisions that lead you in a more positive direction. If you have a relentless inner critic who continually finds fault, you may need to learn how to exercise some self-compassion.

Practising self-acceptance and positive self-talk are sure-fire ways to build your self-worth.

Here are six proven ways to build a strong foundation of self-worth.

Acknowledge your

thoughts. Our thoughts can greatly influence our approach to life. Mindfulness meditation, and mindfulness in general, are great ways to get in touch with negative self-talk. Acknowledging your thoughts goes a long way toward loosening their grip.

Cut yourself some slack. Adopting a more accepting and encouraging approach to yourself can uncover more rewarding paths to travel in life. Be a nicer person—to you. And avoid comparing yourself, or your success, to others.

Connect with others. We learn more about ourselves by connecting with others. And others can influence how we feel about ourselves—good or bad. Sur-

rounding yourself with positive people creates a strong network that can support and encourage you.

Take care of the basics. Making self-care a priority sends you an important subliminal message—your well-being is important, because you're worth it. Strive for a healthy lifestyle that's fuelled by healthy eating, regular activity and adequate sleep. Carve out time to de-stress, enjoy hobbies, spend time with positive people, or simply take a bath. You'll reap the rewards in better self-esteem and better health.

Go out on a limb. Taking risks fosters continual learning and growth. When you succeed, you gain self-confidence. When you fail, you learn to reflect on what you

can do differently and practise self-compassion.

Build yourself a trophy case. Track your successes—this can be as simple as jotting them down in a notebook or adding them into your smartphone. Then, take a moment every week to review and genuinely savour what you've achieved. You'll be surprised at how you'll start to notice all your accomplishments—both large and small.

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 #AHSwhat-syourbalance

Get by with a little help from your friends

Your social circle can add health and happiness to your life

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

It's our friends—the ones we turn to when we need a favour, a shoulder to lean on, some advice or well-

earned praise—who benefit our health the most. Caring friends not only help us cope better emotionally, but evidence shows these strong bonds help us manage anxiety or grief by lowering our blood pressure and heart rate and decreasing the stress hormone cortisol.

Janet Halberg, who moved several times because of her husband's job, learned how to meet people and make friends. "It's not easy put-

ting yourself out there, but you have to remember that you're not the only one (looking)."

As a gardener and self-described dog person, Halberg always found a local gardening group or dog club to join.

She also volunteered for various groups and made a point of meeting her neighbours. After her divorce at 55, Halberg joined a gym, took up golf and began playing bridge with col-

leagues from work.

Beyond personal interests, your community centre, local library, place of worship or favourite charity are other places to meet people. There is no prescribed quota on friends. Some prefer one or two close friends to confide in, while others enjoy more casual connections with a diverse group of friends.

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



**Londonderry
Community League**

Hall Rental

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www.londonderry.online

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★ TO BE DISCOVERED ★

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EVENTS**

LEGISLATIVE ASSEMBLY VISITOR CENTRE

#ThursdaysTBD
assembly.ab.ca/visitorcentre



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OF EDMONTON MANNING**

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Call to RSVP today! 1-844-472-8372

McConachie Gardens 6503 170 Avenue, Edmonton • reveraliving.com/openhouse



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Sky's
THE
Limit



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communities

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FIVE NEW SHOWHOMES NOW OPEN!

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McLeod News

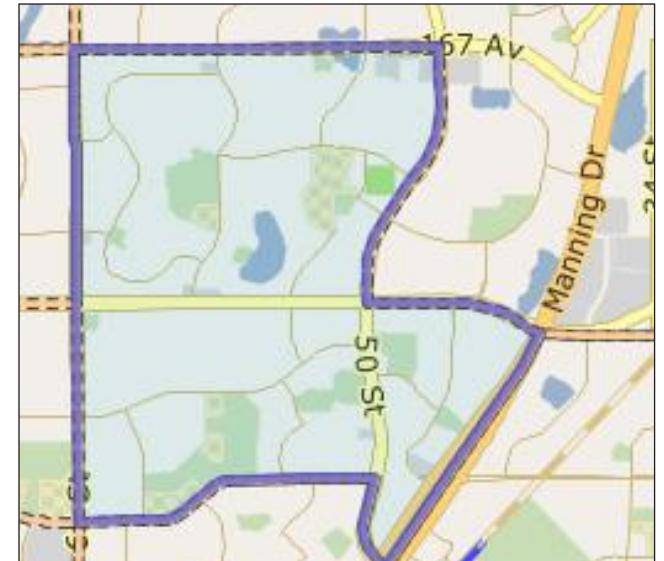
McLeodCL
 @McLeodCommunity
 14715 59 Street
www.mcleodcommunityleague.ca

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
Casselmann Community	Vacant	
Matt Berry Community	Paul	mattberry@mcleodcl.ca
Hollick-Kenyon Community	Devin	hkchair@gmail.com
McLeod Community	Joe	mcleod@mcleodcl.ca
Bingo	Sandy	bingo@mcleodcl.ca
Rink	Joe	rink@mcleodcl.ca
Hall Rental	Gerard	hallrental@mcleodcl.ca

McLeod President's Message

Hi everyone,
 April 7-13 is National Volunteer Week and by the time you receive this newsletter, McLeod Community League will have celebrated our volunteers with a wine and cheese reception. We are particularly grateful to those who volunteer without expectation of anything in return and those who give freely of their time above and beyond their required community service. Our Volunteer of the Year is Julie Vandermeer, McLeod's Community Service Director – please look forward to more information in the next newsletter and on our website about Julie's contribu-

tions to our community.
 Volunteer Canada has declared this year's theme as "The Volunteer Factor – Lifting Communities" represented by colorful hot air balloons. "The Volunteer Factor celebrates and recognizes the exponential impact of volunteers and how they lift our communities. The beautiful image of the hot air balloons of different sizes, shapes and colours reflects the diversity of community volunteers. It illustrates that when people volunteer together, the sky is the limit, in terms of what they can achieve (retrieved April 11, 2019 from volunteer.ca)." A special thank you also



goes out to the 17 volunteers who sit on the McLeod Board in 22 positions. Your support has not gone unnoticed and

I appreciate all of you more than you'll ever know.
Regards,
Leanne

66th Medical Clinic

13635 66th St. NW • Edmonton, AB T5C 0B8
780-476-3344

NOW OPEN

SAF889ZDIF

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

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

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McLeod Community Safety Director

I wanted to give a reminder that Playground Zones are in effect from 07:30 to 2100 hours daily when posted. I was at Miller Park which is on Matheson Way and just east of 50 Street recently. I observed multiple vehicles speeding through the playground zone. Please follow the speed limit. With the weather warming up there will be an increase in children in our playgrounds and parks.

Please watch your speed.

Bicycle Safety

Bicyclists are already out on the roads and paths in Edmonton.

Here is the provincial law under Alberta Vehicle Equipment Regulations for Bicyclists

Division 5 Bicycles

Bicycle safety helmet 111

No person who is less than 18 years old shall operate or ride as a passenger on a bicycle unless that person is properly wearing a safety helmet.

A parent or guardian of a person who is less than 18 years old shall not authorize or knowingly permit the person to operate or ride as a passenger on a bicycle unless that person is properly wearing a safety helmet.

No person shall operate a bicycle on which a passenger who is less than 18 years old is riding unless the passenger is properly wearing a safety helmet.

Safety helmet standards 112(1) For the purposes of section 111, a safety helmet intended for the use of an operator or a passenger of a bicycle or worn by an opera-

tor or a passenger of a bicycle must meet the standards adopted under subsection (2) in effect on the date on which it was manufactured.

(1) The following are adopted and apply to safety helmets in accordance with subsection

(a) Canadian Standards Association Standard CAN/CSA D113.2-M89 (Cycling Helmets);

(b) Consumer Product Safety Commission, Title 16 Code of U.S. Federal Regulations Part 1203 (Safety Standard for Bicycle Helmets);

(c) Snell Memorial Foundation Standard B-90 (1990 Standard for Protective Headgear for Use with Bicycles);

(d) Snell Memorial Foundation Standard B-95 (1995 Standard for Protective Headgear for Use with Bicycles);

(e) Snell Memorial Foundation Standard N-94 (1994 Standard for Protective Headgear in Non-motorized Sports);

(f) American Society for Testing and Materials ASTM F1447-97 (Standard Specification for Protective Headgear Used in Bicycling);

(g) CEN European Standard EN 1078 (Helmets for Pedal Cyclists and for Users of Skateboards and Roller Skates, February 1997);

(h) British Standards Institute BS 6863:1989 (British Standard Specification for Pedal Cyclists Helmets);

(i) Standards Australia/Standards New Zealand 2063-1996 (Pedal Cycle Helmets);

(j) American National

Standards Institute ANSI Z90.4-1984 (American National Standard for Protective Headgear for Bicyclists).

(3) A safety helmet must have the mark of one of the organizations referred to in subsection (2), or the manufacturer, indicating that the helmet met one or more of the specifications required on its date of manufacture.

(4) A safety helmet must be constructed so that it (a) has a hard, smooth outer shell, and

(b) is capable of absorbing energy on impact.

(5) A safety helmet must be designed and equipped so that it is securely attached to a strap that is to be fastened around the chin of the person wearing the safety helmet.

(6) A safety helmet must be free of damage or modification that would reduce its effectiveness.

(7) No person shall buy, sell or offer for sale a safety helmet intended for the use of operators or passengers of bicycles who are less than 18 years old unless it complies with subsections (1) to (6).

Bicycle equipment

113(1) A person shall not ride a bicycle at nighttime unless the bicycle has the following:

(a) at least one headlamp but not more than 2 headlamps;

(b) at least one red tail lamp;

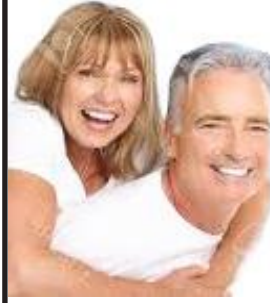
(c) at least one red reflector mounted on the rear.

(2) A person shall not ride a bicycle unless the bicycle has a brake.

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McLeod Hosts Imagination 101 in the Spring



Spring has finally arrived and this means sunshine and fresh air. Fine arts does not have to be limited to indoor activities. Nature offers many opportunities to explore, play, and expand the imagination. Getting outside is an important part of a child's development and is so much fun! Here are a few creative ideas that you can try at home this Spring.

Create an art gallery on your sidewalk with sidewalk chalk. Invite your neighbours to come see the art show.

Collect rocks, pine cones, and sticks to paint or decorate. The nature creations can be added to your garden.

Buy a large canvas and put

it on the ground outside. Get some paint and brushes and let the kids go crazy. Hang the abstract artwork in your house or on the fence.

Instead of paint brushes, use nature to paint with. Sticks, pine cones, flowers, rocks, or grass make fantastic painting tools.

Draw designs in the sand to create interesting patterns, lines, and pictures.

Have outside talent shows in your backyard. Everyone can perform something.

Take nature walks and using your five senses, talk about what you see, smell, hear, feel, and maybe even taste. Go home and write a story or draw a picture about

your walk.

The Spring Session of Imagination 101 is now underway. The artists are ready and eager to create and have a great time. In the next ten weeks our class will be having some incredible fine arts experiences. We will be dancing, singing, making music, and playing lots of silly games. Our art projects will include pointillism, water colour painting, simple line drawings, sculpting, and so much more. It's going to be a lot of fun.

If you have any questions or would like to enroll your artist in Imagination 101, you can contact Kara at kara-jensenphotography.com.

McLeod Community League Dance Program

The McLeod Community League Dance Program is nearing the end of their second dance season, and, ending it on a high!

The dancers competed in More Vibe Dance Festival in St. Albert and the dancers came out on top, finishing with 9 Silver Medals, 4 Gold Medals, 1 Most Promising Award



& 2 Outstanding Trophies. One of the dancers was also asked to compete in the final showcase - what a huge accomplishment for all these dancers! The teaching staff, parents and supporters are proud of all our dancers for their hard work and dedication!

The dancers will be competing in one more Festival

and a Year End Recital in Sherwood Park and we can't wait to see them perform and light up the stage!

You can join this amazing dance community! We offer classes in Ballet, Jazz, Lyrical, Pre-School, Stretch/Technique, Tap, Adult Hip-Hop and Adult Tap. We offer classes for all ages and levels. E-mail dance@mcleod-communityleague.ca or call Amy at 780-893-5151 and sign up today!

Matt Berry Community Hub

Work continues towards the development of a Community Hub for residents of Matt Berry and Hollick-Kenyon. We may have finally located a project partner; we will announce this once the information becomes publicly available.

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 following:

- Project management experience.
- Fundraising experience.
- Communications experience.
- Construction experience.

Residents opposed to the project.

Seniors. Residents with mobility challenges.

People who enjoy talking to their neighbours.

We are also looking for local businesses that are interested in sponsoring the project. Presently, we are looking for a sponsor for a neighbourhood mailout.

Edmonton Dogs & Cats Veterinary Hospital

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McLeod Community Early Learning and Child Care Centre

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New families will receive \$25 off their first month of fees when they present the Northeast Voice with this ad! (photocopies not accepted)



Northmount Community League News

President's message

Thank you to everyone who attended our AGM on April 16, 2019, stay tuned to hear about the new board of directors and the exciting plans for the new year! If you missed the meeting and are interested in helping out in your community, please call or give me a text at 780-270-1212. I also want to say a very special thank you to the outgoing board for all of

their hard work and dedication over the past year. It was great working with you!

Our third annual Superhero day is taking place on June 9th, I hope to see you there with your family for a free and fun afternoon! All ages are welcome to dress up as their favorite hero! We are still looking for help with setting up and taking down of the event, if you are interested

in volunteering please let me know, without the help of our volunteers these events are not able to happen.

On June 13th Northmount will be celebrating PRIDE in our community for the second year. I hope that you will be able to join us for an evening of family fun! Stay tuned for more details!

**Thank you,
Meagan Plamondon**

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/NorthmountCommunity->

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



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 fol-

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.

Superhero Day June 9, 1-4 PM

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

Pride in Northmount Park - June 13

Join Northmount and Dickensfield Amity House for a free, family friendly evening of fun while we celebrate Pride. More details to come!

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>

Northmount Seniors - We Need Your Input!

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

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

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.

If you have any questions, please email: sidplamondon@outlook.com

Ask Charles - Real Estate Advice

I saw on the news that fraudsters are being charged with unlicensed real estate trading. Why do you need a licence to buy or sell property?

First things first. You don't need a licence to buy or sell property; consumers are always free to buy or sell their own property. When you need a licence, though, is when you're helping someone else buy or sell property.

The individuals you've seen in the news are people who are not licensed as real estate professionals, who say they will help consumers buy and sell property, but instead, they are actually

participating in various fraud schemes. That's why they're in the news.

Still, unlicensed trading in real estate remains a serious issue and not just because of the fraud that sometimes results. Under the Real Estate Act of Alberta, anyone trading in real estate, dealing in mortgages, performing real estate appraisals, or providing property management services requires a licence from the Real Estate Council of Alberta (RECA). It's the law.

Buying a home is one of the largest financial commitments most people will ever make. Why would you want to trust that transaction with

someone who doesn't have education, experience, and a regulatory body behind them?

When you hire a licensed real estate professional, you can trust they've completed pre-licensing education, their background has been reviewed, they carry errors and omissions insurance, they're required to complete ongoing education, and you can feel confident that a regulatory body will hold them accountable for their actions. All real estate licensees are required to carry errors and omissions insurance, and there's a Consumer Protection Fund available in the very rare

event a consumer suffers a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member.

Think about it, you don't want people driving on the road who don't have a driver's licence, right? If someone has a driver's licence, it means they passed a competency test, and there's an unwritten agreement that they'll follow the rules of the road. If they don't, they can be fined or even lose their licence. The same thing applies to licensed real estate professionals. If they violate the rules, RECA has the au-

thority to discipline them, which can include licence suspension or cancellation.

When someone doesn't have a real estate licence, and represents a consumer in a real estate deal, the consumer has no assurances that the person has knowledge or training, and there's nowhere to go - other than Court - if something goes wrong.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate in-



dustry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email ask-charles@reca.ca.



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