

NORTHEAST VOICE

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

February 2020



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City Public Engagement Session on Homes for Heroes (Proposed Rezoning)

Date: Wednesday, February 5, 2020

Time: 5:00 – 7:30 p.m.

Location: Evansdale Community League, 9111 150 Ave NW, Edmonton, AB T5E 6J2

The proposed rezoning from (AG) Agricultural Zone to (DC2) Site Specific Development Control Provision would allow for the development of a tiny home village with up to 21 units, a shared amenity building and outdoor amenity space. The applicant, Homes for Heroes, is leasing the land from the



City and intends to build the homes to house military veterans.

The engagement session

will be an opportunity to learn more about the proposal and share your views with the City and the applicant. Feedback will be summarized in a report to City Council when the rezoning proposal goes to a future City Council Public Hearing for a decision.

For More Information:
Heather Vander Hoek,
Planner
780-423-7495
heather.vanderhoek@edmonton.ca
edmonton.ca/Evansdale > Planning Applications

Newcomers Try Skating for the First Time at McLeod

January 5th was a beautiful, sunny day. The ice was perfect owing to the hard work of Justin Tovey, our dedicated rink attendant. A wonderful group of McLeod sports parents had free hot chocolate, plus skates and helmets ready to go.

Approximately 122 people joined us on the ice on this wonderful Saturday afternoon. Many of those skaters were out on the ice for the first time ever. Some were new Canadians; others were long-time Canadians who had never skated. All were



welcome, and always are.

This was our fourth year running this event. We will continue to run it as long as people show up. It's a great amount of fun, even as some of the skaters struggle to keep upright.

The McLeod rink is open as long as the weather co-operates. It's open from

4pm to 9pm Monday to Thursday and noon to 5pm on weekends.

Loaner skates and helmet are always available. Skating is \$2 or free for members of any Community League. One rink is set aside for hockey players and the other is reserved for non-hockey skaters.

Upcoming Events in the Northeast

February

Mondays at EPL Londonderry: Makercade 4-5pm
Mondays at Northmount: Hapkido 730pm
Tuesdays at McLeod: Yoga-Fit 630-745pm
Tuesdays at McLeod: Beginner Yoga 8-9pm
Tuesdays at EPL Londonderry: Minecraft Club 4-5pm
Wednesdays at EPL Londonderry: Sounds like Fun for Preschoolers 6-645pm
Wednesdays at Northmount: Hapkido 730pm
Thursdays at EPL McConachie: Lego at the Library 3-4pm
Friday at EPL Londonderry: Youth Drop-In 5-6pm (Join us for gaming, making, or just chatting; snacks on hand!)
Saturdays at EPL McConachie: Makercade 330-430pm
Sundays at EPL Londonderry: Practice English 130-3pm

7 Feb: NEZ Softball Camp at Killarney Jr High
7 Feb: NEZ Softball Camp at Bannerman Elementary
13 Feb: Computer Skills for Job Seekers at EPL Londonderry 630-830pm
17 Feb: Family Day at Steele Heights Baptist Church and McLeod (free activities)
17 Feb: Family Day Drop-In Activities at EPL Londonderry and McConachie 1-5pm (Free, engaging activities that take you beyond books into a world of adventure)
17 Feb: Family Day Bubblicious at EPL Londonderry and McConachie 2-3pm (Square bubbles, round bubbles, and more. An amazing blend of learning and doing)
21 Feb: NEZ Softball Camp at Bannerman Elementary
25 Feb: Soccer registration at Northmount 630-830pm
25 Feb: Sports registration at McLeod

Feb Continued

27 Feb: Computer Skills for Job Seekers at EPL Londonderry 630-830pm

29 Feb: Sports registration at McLeod

March

4 Mar: MLA Job Fair at Kingsway Legion; 9-noon

Location Addresses:

CentrepoinTE Church – 5940 159 Avenue
Clareview Rec Centre – 3804 139 Avenue
Evansdale Hall – 14811 95A Street
G Edmund Kelly Spray Park – 15005 79 Street
Heritage Hall – 7406 139 Avenue
Kilkenny Hall – 14910 72 Street
Kingsway Legion – 14339 50 Street
Lago Lindo Hall – 17123 95 Street
Little Mountain Cemetery – 16025 54 Street
Londonderry EPL – in Londonderry Mall
Londonderry Hall – 14224 74 Street
McConachie EPL – 16607 50 Street
McLeod Hall – 14715 59 Street
North Edm Seniors Asscn (NESA) – 7524 139 Avenue
Northmount Hall – 9208 140 Avenue
Ozerna Park – 7010 158 Avenue
Steele Heights Baptist Church – 5812 149 Avenue
Steele Heights Hall – 5825 140 Avenue
NEZ Softball Camps: Email diane.leeder12@gmail.com

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 con-

tact 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 Thank You, Amber Fink.

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League 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		
Vacant	Newsletter & Social Media		newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Shannon Moses	Belle Rive/Poplar Park 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

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 - Eaux Claires - Belle Rive

Annual General Meeting
Wednesday,
February 27 @ 7pm

All community residents are welcome to attend and learn about the League's events, programs, and 2020 budget. Elections will be held for the board of directors. If you would like to nominate someone or are considering putting your name forward for one of the positions, feel free to contact any of the current board members to obtain more information.

Evansdale AGM @ 7pm, Feb 27/2020
Sport Building/Skate Shack
9111-150 Ave, Edmonton AB
www.evansdale.ca

Easy Does It Yoga at Evansdale Hall

Thursdays
7:30-8:30pm/9111-150 Ave
Jan 9 - March 12

Drop-in fee \$13/class,
Cash Only

Please bring a mat, water, firm belt or strap, and large towel or blanket. Contact evansdaleyoga@gmail.com for more information. Using

a gentle approach, this class utilizes the tools of yoga to improve strength, flexibility and balance while enhancing rejuvenation and relaxation. Appropriate for beginner to intermediate levels. No previous experience required. Welcoming, non-competitive environment.



Call for Residents to Discuss Homes for Heroes Project

TUESDAY, JANUARY 28,
2020; 7:00 PM

EVANSDALE COMMUNITY HALL

The purpose of this meeting is to discuss the proposed site for Homes for Heroes tiny village (21 tiny homes) for homeless veterans. The Tiny Village is to be located on the parcel of green space along 153 Avenue between 94A Street and a portion of 93 Street (the space where the community league sign is located.) The Homes for Heroes Foundation has submitted a rezoning application to the City of Edmonton. They

are requesting to rezone this parcel of land to Site Specific Development Control Provision (DC2) from the current agricultural zoning (AG).

A petition, objecting to this rezoning, will be available at this meeting should you choose to sign it. The City of Edmonton will be hosting a public hearing about the project proposal on Wednesday evening, February 5. A separate notice will be provided about this event. We urge you to attend these very important meetings as they have a definite impact on our

community as a whole. FYI: Volunteer community members are delivering this notice to households within their immediate area and therefore may not reach all residents of Evansdale. For this reason please pass this information on to your neighbors and friends within Evansdale Community.

The Evansdale Community League was requested by its residents to post the following event. It maintains neutrality to the development project but acts to provide a safe and open forum to share information among its members.

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, \$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.

Zumba into a New Decade



It's the beginning of a new year and now is the time to put your resolutions to work. If you're like millions of Canadians, staying healthy is probably one of your top resolutions. Have you ever tried Zumba? It is a heart-pumping, fun, International and Latin music-infused dance workout. No dance

experience necessary - all you need to bring is your towel, water bottle and a big smile.

Date: January 22 – February 26, 2020

Time: (Wednesday Evenings) 7:00-8:00 PM

Cost: \$60 for 6 classes or \$15 drop-ins

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

www.communityleagueneews.com

Kilkenny Community League News

Kilkenny Community League Memberships

Memberships are sold in person during the spring (March) and fall (September) sports registration dates (please bring proof of address [utility bill or drivers license]). However memberships are sold year round through the Edmonton Federation of Community Leagues (EFCL) website. Membership types and rates are listed there.

Benefits of membership include:

Free community league

swim at:

Londonderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:15 pm – 5:45 pm.

Grand Trunk Fitness & Leisure Centre, located at 13025-112 Street NW, every Sunday from 4:15 pm – 5:45 pm and Fridays 7:15 pm – 9:15 pm.

10% discounted Annual, Multi Admission, or Continuous Monthly passes to ANY City of Edmonton Recreation Centre. Free outdoor

skating at ANY Community League rink (ensure you have current skate tags).

Free indoor skating at Londonderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:00 pm – 5:00 pm.

Voting rights at the Kilkenny Annual General Meeting (AGM) held in November. Please come out and support your community! If you have any other questions, please email Membership@Kilkenny.ab.ca

Outdoor Rinks

Kilkenny has its outdoor rinks open once again this year when the weather cooperates. Easiest way to know when we are open is: Music playing and lights are on.

Our regular hours are:

Mon – Fri 5 pm – 9 pm

Sat-Sun noon – 5pm

Holidays - Closed - unless posted

For those wishing to skate, you must have current skate tags which are given when you provide your current community membership card or pay the drop-in fee. We have some skates and helmets for public use which were donated, thank to Sports Central and our gracious community members. Just provide us your boots and you can use

the skates. Sizes are limited and hopefully we can accommodate those requesting them. Rink rentals are \$75 / hr per rink. Contact our Vice President through email VicePresident@kilkenny.ab.ca

For further information please go to the Kilkenny Community league website under facilities. <http://kilkenny.ab.ca/outdoor-rink/>

Soccer & Sport Explorerz Registration Dates

Mark your calendars for these important registration dates: Thursday Feb 27: 6:30-8:30pm, Thursday March 5: 6:30pm-8:00pm, Saturday March 7: 11:00 -1:00pm Location: Kilkenny community league, 14910 72st. The SPORTS EXPLORERZ program will be registering at the same time and place

as soccer registration. If you require more info about this program, visit our website at www.kilkenny.ab.ca. Registration for outdoor soccer will be starting very soon! You will be able to do the on-line registration on the EMSA portal when it opens shortly. Please ensure you complete this registration before you

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

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.

Save The Date

Family Fun Day February 16, 11am to 2pm

Sports Registrations

February 27 @ 6:30-7:30pm

March 5 @ 6:30-7:30pm

March 7 @ 11:00am-1:00pm

www.communityleagueneews.com



Kilkenny Community League General Meetings

Become a part of your community and get involved! Board meetings are held the second Tuesday every month (excluding July & August) from 7:00pm – 9:00pm in the Meeting Room of Kilkenny Hall.

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

Do you or someone you have content that you would like in the North East Voice? We would like to hear from you!! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter!! Please send it to Lindsay, Kilkenny Publicity Director at publicity@kilkenny.ab.ca.

Soccer Registration Process

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

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

3. Attend the Kilkenny registration session at 14910 - 72 Street to purchase a community membership. Memberships are good for one year till August 2020. Sign up for a volunteer commitment. One commitment per child. Please bring a post-dated cheque for \$250.00 to be dated for the time of your commitment. Your cheque will not be cashed unless you do not complete your commitment. If you register late you will



need to complete any extra volunteer commitments. Late registration will be two commitments per child. There is No max for volunteer commitments and pay your registration fees.

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

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

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

7. Please complete the on-line registration as soon as possible so we can get a general idea of the number of players we have. If you have

any problems registering on the soccer portal, there is an instructional video.

8. If you are wanting to transfer to another community, I advise you to register as early as possible as we have had some communities reject transfers if their programs are full.

9. Deposits for uniforms will be taken when the uniforms are handed out by the coaches and not at registration. The uniform deposit will be \$75.00. Just a reminder that you are allowed to play in any community you want but you must first register online via your community and attend your community's registration session before you can be transferred to the community of your choice.

Soccer Registration Process



SENIORS HOME SUPPORTS PROGRAM

The Seniors Home Supports Program (SHSP) is a free program in which seniors can get referrals to screened service providers who can provide essential services that help people remain in their homes longer, safely and independently. Our program scope includes service providers who can do: snow removal, yard maintenance, housekeeping, home repair and maintenance, moving help and personal services. If you require a referral, have questions about the program, or are interested in becoming a service provider on our referral list please call Stacey at North Edmonton Seniors Association. Office hours: Monday – Thursday, 9-3:30. Direct line: 780-944-7470.

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

Community GARAGE

SALE

**Saturday
April 18, 2020**

10 AM - 4 PM



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

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

\$10 - LCL Members
\$20 - Non-Members
\$20 - Home Based Businesses
Includes one 8' rectangular table & 2 chairs
Setup on Friday, April 17, 2020 6pm - 8pm

Register at:

president@londonderry.online
or 780-819-1214

JOIN US!

Londonderry Community League

Hall Rental

Check our website:
www.londonderry.online

Ask Charles

I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

Yes, that's allowed. The situation you're referring to is called "transaction brokerage." Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true—transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive

Transaction brokerage changes the services and the legal responsibilities that a real estate professional provides to you and to the other party in the transaction. In this arrangement, they cannot fulfill their legal responsibilities because there



is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

During transaction brokerage, the agent has to treat

both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an Agreement to Represent both Buyer and Seller. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

Karate

Satewin Karate Club offers an All Levels session as well as a more advanced session for Senior Belts. (Children must be in Grade One to participate)



Registration on Now!

When: Tuesdays and Thursdays
6:00 p.m. during the month of
September and October

Where: Londonderry Community Hall
14223 74 Street

All Levels (Ages 6 - 13)
Tuesdays & Thursdays
6:15pm - 7:15pm

Senior Belts (Ages 14 - Adult)
Tuesdays & Thursdays
7:30pm - 8:30pm



Location

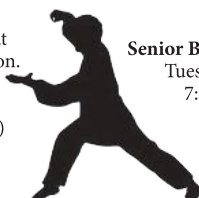
Londonderry Community Hall
14224 74 Street NW

Contact

Phone: (780) 478-6497
info@satewin.com

Cost

\$225/person
Full payment required at
the beginning of the season.
Full Cash (\$225) or
Postdated Cheques
(\$25/1st of each Month)





McLeod News

McLeodCL
@McLeodCommunity
14715 59 Street
www.mcleodcommunityleague.ca

McLeod Community Safety Director

Wow that was a cold snap we went through in January. One of the most common complaints that increases during cold snaps is pets left outside and in some cases in distress. If you see a dog or cat in distress in the frigid temperatures please call 311 immediately.

Information they will require is the address where the pet is at, description of pet and how long you have observed the pet outside.

Signs of distress that you should be looking for is pets lifting their paws, licking their paws, limping, shivering, shaking, whining or whimpering and or trying to curl up into a ball.

Under the Alberta Animal Protection Act:

Animal care duties Section 2.1

A person who owns or is in charge of an animal:

- must ensure that the animal has adequate food and water,
- must provide the animal

with adequate care when the animal is wounded or ill,

- must provide the animal with reasonable protection from injurious heat or cold, and

- must provide the animal with adequate shelter, ventilation and space.

I strongly recommend bringing your dog indoors, dogs that live outside require as a minimum a dry, draft-free doghouse that is soundly built of weather-proof materials with the door facing away from prevailing winds. The dog house should be elevated and insulated, with a door flap and bedding of straw or wood shavings. Fabrics and or Blankets are not sufficient. The dog may track snow and any moisture on the dog weather blanket to become frozen.

Pets must have access to water at all times.

Check your pet's water frequently to ensure it's not frozen and use a tip-resistant

plastic or ceramic bowl, rather than metal, to prevent your dog's tongue sticking to the cold metal surface. There are also heated and/or insulated bowls available that prevent water from freezing.

Fines for Violations under the Animal Protection Act can be up to \$20,000 for each offense and you could be banned from owning animals in Alberta. Additional fees can include vet exams, treatment and kennel costs.

Did you know???

Once you register or register your vehicle you must put your Validation Tab Sticker onto your license plate. Without it being displayed on your license plate you could be issued a Violation Ticket under the Traffic Safety Act for \$155.00 for failing to have your license plate properly displayed.

Lots of vehicles are still traveling at night or early morning with no taillights on. Ensure your switch is on automatic or actually on.

The fine for driving with no taillights on is \$155.00.

In addition to still seeing lots of vehicles traveling with no taillights on I see a lot of license plates covered in snow or dirt. Again the Fine amount for having an obscured license plate is \$155.00.

Vehicle Tint

Having ANY Tint on your front door windows of your vehicle is illegal. In addition any tint added to the top or bottom of your windshield commonly referred to as Brows is also illegal. Fine amounts can be up to \$155.00 which could include the officer giving you an order to remove. Common excuses I get told is I got it this way from the dealership. That does not make it legal and you are responsible to ensure your vehicle is following the rules of the Alberta Vehicle Equipment regulations.

I have seen a couple of windshields that have tint on the entire windshield. These

vehicles could be deemed unsafe by the officer. If the officer deems the vehicle unsafe the vehicle would then be towed at the owners cost with the license plate and registration seized by the officer making the vehicle undrivable until the tint is removed.

Home Safety Tips

Ensure your sidewalks adjacent to your property are free from snow and ice. I encourage you to assist your neighbors in removing the snow and ice from their sidewalks especially if they are disabled, out of town or even just to be a good neighbor.

Ensure you are checking your intake and exhaust furnace pipes to remove any build up of ice.

Check your furnace filter regularly.

If you are warming up your vehicle in your garage ensure your garage door is fully open. I do not recommend due to risk of carbon monoxide building up in the

garage or getting into your home.

Ensure your home has the numbers clearly displayed. If you have a back alley I recommend having the number of your house also displayed on the rear garage. If there is an emergency this will assist first responders in finding your location beneath the surface.

Stormwater Facilities

Epcor is reminding residents to stay off Stormwater Facilities, which to most people would be described as ponds in Edmonton. Ice depths can vary due to contaminants in the water and continuous water flow from inlet and outlet pipes below the surface. Ice depths are not monitored so please be safe and stay off the ice.

Anyone found using stormwater ponds for recreational purposes is in violation of the City of Edmonton Epcor Drainage Services Bylaw and could be fined for trespassing.

Be safe out there!!!!

McLeod Outdoor Soccer

Spring registration for Outdoor soccer will take place on February 25 6-8:30pm, February 29 1-3:30pm and March 3, 6-8:30pm at McLeod Hall.

Please visit the McLeod website for age groups, fees and registration requirements.

Last outdoor season, our program consisted of 500 players on 33 teams. We will most likely be short coaches in the U5 – U11 age groups so please consider coaching. Coaching younger age groups is about making new friends, having fun and snacks.

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.

Email soccer@mcleodcommunityleague.ca if you have any questions about registering or coaching.

Benefits of Community Soccer

Parents often ask "Why sign up for community soccer?"

The most obvious benefit of community soccer is exercise. Players can expect one practice and one or two games per week, each approximately one hour in duration. The community program focuses on friends playing with friends and having fun. When registering for the McLeod soccer program, players can request to play with a certain friend. We try to honour the request as best as possible. There are occasions when friend or coach requests cannot be filled, as every team has a team player limit. Players can expect fair field time in regular season games. There are other leagues out there that organize players by skill level and age with an emphasis on winning and unfortunately not all players get an opportunity to play or play with their friends.

Community soccer is very

affordable. In addition to registration fees, players are responsible for their own footwear, shin pads, socks, and shorts. Parents will be required to purchase a community membership and sign up for community service. Other soccer programs will have more expensive registration fees, require you to purchase jerseys, and participate in multiple volunteer/fund raising activities.

We hope to see you at one of our upcoming registration sessions starting in February 2019. For more information, please see the McLeod website at www.mcleodcommunityleague.ca.

McLeod Supports Devx-change International – Caring for Kids

Caring for Kids is a Kizaba, Uganda program providing care and education for children in Uganda being spearheaded by McLeod community member Joyce Sekalaala. Joyce's sister and brother-in-law live in Kizaba

where they run a school and look after orphaned children. Three years ago Joyce approached me and asked if McLeod could donate a few soccer jerseys so the children could organize teams and play games when not in school. After meeting with Joyce to find out more information about her program, I was touched and donated jerseys McLeod no longer had a use for, along with a few soccer balls and pumps. Apparently, soccer balls are like Xboxes in Uganda. Joyce's sister and the children she teaches were overwhelmed by the donation. The children treasure the jerseys and proudly wear them to every game. Games are played on pastures, not school fields or groomed soccer pitches. Joyce told me a story where one group of children were playing soccer and a ball was kicked into a barb wire fence. The ball was punctured and the children were so disappointed their ball was no



more. Fortunately, Joyce had a spare ball, pumped it up and it was game on.

The initial donation was such a success that Joyce asked last year if McLeod would consider another donation so her sister could expand their program. Again, surplus unused jerseys, along with a few soccer balls

and pumps were gathered. Thanks to our friends in Delwood and Steele Heights for also providing jerseys and supporting this cause.

Please visit <https://devx-change.org/campaigns/caring-for-kids/> for more information about Caring for Kids.

Todd, McLeod Soccer

 **15th Annual FAMILY DAY Festival**

 **WORLD TOUR 2020**

Featuring entertainment from around the world!

Free skating & hot chocolate provided by McLeod Community League.

Bake Sale fundraiser for the Mosaic Centre.

MONDAY, FEBRUARY 17
12:00 - 4:00 p.m.

Grab a passport and explore countries of the world through crafts, games, stories, and more!

Free and open to the public. (donations welcome)
Steele Heights Baptist Church
5812 149 Ave | shbc.ca



 **Early Learning and Child Care Centre**

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 **Early Learning**
For children 12 months - 5 years old
Lunch provided

 **Out of School Care**
For children in Kindergarten - Grade 6
Lunch provided for Kindergarteners

 **Preschool**
For children 3 - 5 years old
Children attend three mornings per week

 **STEELE HEIGHTS BAPTIST CHURCH**
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NORTH EDMONTON JOB FAIR



hosted by
HEATHER SWEET
MLA for Edmonton - Manning


Ward 3 Councillor Jon Dziadyk



Lots of February Events!
A Community Conversation regarding safety and security is happening Feb 6th, 6:30 - 8:30 at the Castle Downs YMCA. More event info for Urban Coyotes and Leadership Lessons from the Special Forces is available on my Facebook page.

(780) 496-8182
jon.dziadyk@edmonton.ca

2nd Floor, City Hall
1 Sir Winston Churchill Square
Edmonton, AB T5J 2R7



Ward 3 Councillor
Jon Dziadyk

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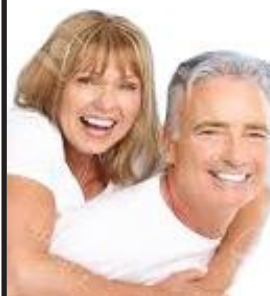
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Advance care planning

The start of a new year is a good time to start advance care planning.

Advance care planning is a way to help you think about, talk about, and document your wishes for healthcare. It's a process that can help you make healthcare decisions now and for the future.

If there's a time when you aren't able to speak for yourself, it's important that your loved ones and your healthcare team understand your wishes for healthcare.

Planning today makes sure that your wishes are known, no matter what the future holds.

Advance care planning may bring comfort and peace of mind to you, your family, and to those who may have to make healthcare decisions on your behalf.

- What are your values, wishes, and goals for your healthcare? Think about what's important to you.

- Do you have beliefs that influence your healthcare wishes?

- Are there conditions under which you do or don't

Come Try Lacrosse

When: February 17, 2020
Time: 9:00 AM – 12:00 PM
Where: Commonwealth Rec Centre
11000 Stadium Road NW
Cost: FREE (Ages 4-16)
***Registration Not Required for this event.**

Please bring a helmet with cage, gloves (hockey gloves will do) and runners if you have. Sticks will be provided

Register for the 2020 Box Season
Visit our website at
<http://www.wizardslacrosse.ca/>

Early Bird Pricing until February 18, 2020

want a certain treatment?

- Where would you want to be cared for?

- Have you had experiences with family or friends where healthcare decisions had to be made?

- Have you considered Organ and Tissue donation? **Consider getting—and filling out—a Green Sleeve.**

A Green Sleeve is a plastic

pocket that holds your advance care planning forms. Think of it like a medical passport. It holds important legal forms that go with you through the healthcare system.

In an emergency, Alberta Health Services medical providers can look at your Green Sleeve and know your healthcare wishes.

The Green Sleeve be-

longs to you and should only have the most up-to-date forms inside.

You can get a Green Sleeve from any Alberta Health Services provider. You can ask your family doctor for one or a nurse might suggest that you get one. You can also order up to four free online. Email conversationsmatter@ahs.ca for information.

Imagination 101 Workshops at McLeod Community League

Happy New Year! If you are looking for a fun, creative, and imaginative program for your young artist in 2020, look no further than Imagination 101 at McLeod Community League. We have three more workshops before the summer holidays that your child will love to be a part of.

Imagination 101 is a fine arts workshop for children grades 1-5 that runs at McLeod Community League once a month.

During each workshop we make an amazing art work, sing, dance, play games, and have a ton of fun. Every workshop is different and is guaranteed to spark imagination.

A fine arts program is



an incredible way to foster children's development. Not only fun, fine arts promotes confidence, problem solving, creativity, patience, expression, and a wealth of other valuable benefits. At Imagination 101, children are free to explore and be themselves in a safe and creative environment. Your child will leave an Imagination 101 workshop with an amazing art work and a big smile on



their face.

If you are interested in learning more about Imagination 101 or to register your young artist, please contact Kara at imagination-101workshops@outlook.com.

Rainbow Connection Workshop

Date: Sunday February 23, 2020

Cost: \$40

*You must have a current



community league membership from your community to attend the workshop.

Time: 1:00-3:00pm

Age: Grade 1-5

Class Description:

What's your favourite colour? During the Rainbow Connection workshop we will be experimenting with all the colours of the rainbow using acrylic paints on a canvas. Let's stretch our imaginations and paint your

own vibrant art work using a rainbow of colours.

No Workshop in March 2020

Don't Bug Me Workshop
Date: Sunday April 26, 2020

Cost: \$40

*You must have a current community league membership from your community to attend the workshop.

Time: 1:00-3:00pm

Age: Grade 1-5

Class Description:

Don't worry, this workshop won't bug you! In fact, this Imagination 101 bug workshop will be (see what I did there?) a fun and exciting insect adventure. Using water colour paints we will be painting all sorts of bugs and I promise, you won't be

bugged in the least!

Bubble Trouble Workshop

Date: Sunday May 24, 2020

Cost: \$40

*You must have a current community league membership from your community to attend the workshop.

Time: 1:00-3:00pm

Age: Grade 1-5

Class Description:

Let's blow bubbles and create some bubblicious art. On your own canvas we will be using cut magazines, newspaper, ripped coloured construction paper and of course, bubbles, to create an abstract bubble art work. You will happily float away from this Bubble Trouble workshop!

Resident Starts 'Free Stuff' Facebook Group

McLeod Community League resident Charles Gray has recently started an online group for people to post and request free items.

Gray writes, "I noticed there was a lack of Facebook groups in Edmonton for people to post and request free items. Literally there were none. There were plenty of Facebook For Sale groups, but nothing specifically for free items."

Gray created a local Facebook group in September 2019. His goal was a local Facebook Group for free stuff for local neighbourhoods in and around Hollick-Kenyon that provides a place for people to post free items and request free items. Initially the group was slow growing but recently it has

really picked up momentum. The Free Stuff group is at 352 members and growing with each passing day. Now the group fully encompasses the McLeod neighbourhoods as well as the rest of Pilot Sound due to recommendations from members as well as the necessity of growth.

This group is open to people in Hollick-Kenyon, Matt Berry, McLeod, Casselman, Miller, Brintnell, McConachie, Cy Becker, Gorman, and Ebberts.

Gray comments, "For the near future, I would like membership to grow and more free stuff and free services posted. I would like businesses within the neighbourhoods of this group to join and post their free products and free services as it is

a great way for people to test out the business and for the business to potentially gain new customers. As I have no plans to increase the boundaries as I want to keep this as a local neighbourhood group for the ease of members, I am hopeful that other Free Stuff Facebook groups will be created for neighbourhoods outside of this. People like getting free stuff and giving away free stuff. Businesses like gaining new clients. And unwanted items can find their way into use again instead of ending up in the landfill. We welcome you to join or perhaps create your own Free Stuff group."

The group can be found online at: <https://www.facebook.com/groups/3015126372044912/>

Message to McLeod from the Office of Aaron Paquette

Happy New Year to all. For many of us, 2020 has begun with tragedy. To all who are feeling the effects of our community's loss in Flight 752, your city mourns with you and stands by you in this time of grief.

Good news has come for the McLeod community when it comes to traffic safety. I have been successful in advocating for an advanced left turn signal at 153 Ave and 66 St. McLeod School is also the recipient of a new flashing light crosswalk at 148 Ave and 59 St. With my direction, the lights will be installed as soon as the snow melts.

Speaking of snow...Snow removal efforts in our city

changed this winter as Council voted to stop using calcium chloride on our roads. The City maintains over 11,000 km of road. Laid out end to end, that distance would stretch all the way to Newfoundland and back. If you notice gaps in the system or locations you feel have been missed by the snow removal teams, please call 311 or use the 311 app to register your concerns. The information collected this year through 311 will help us determine what changes or improvements can be made to the Snow and Ice Control program in the future.

Finally, all residents of the city have received a Property Assessment notice



in January. If you have questions about your assessment, please visit edmonton.ca/residential_neighbourhoods/property-assessment.aspx or call 311.

If you have comments or questions, call or email me at 780-496-8138 and aaron.paquette@edmonton.ca.

How Birds in McLeod Keep Warm

A bird's first method of defense against the cold weather is its feathers. Not only do they provide insulation from the cold, but they also have a waterproofing factor. Birds produce a special oil called Preen Oil which some cold savvy birds use to waterproof their feathers. This is important because the only thing worse than a cold bird is a cold, wet bird! Feathers trap pockets of air around the body and the birds' internal body temperature will then warm up the trapped air. Birds will fluff their feathers in the cold so that they can trap as much air as possible. To maintain

the pockets of air, a bird's feathers must be flexible, clean, and dry. This is where the Preen Oil comes in and it allows the bird to have a water resistant top layer and a heated inner layer.

Torpor is a state of reduced metabolism that is induced when a bird's body temperature is lowered so that it will require fewer calories to maintain appropriate heat levels. Many birds will enter torpor to save energy during chilly winter nights, especially Hummingbirds who undergo this process nightly. Torpor is not very common in winter birds (like the Black-capped

Chickadee) because warming back up in the morning takes up too much extra energy. Instead, they experience a more moderate version of torpor called regulated hypothermia. Entering torpor can sometimes be dangerous as the reduced temperature can lead to slower reaction times which increases the bird's vulnerability to predators.

Although birds have many adaptations to conserve heat, bird mortality can be very high during harsh winters or in sudden cold snaps. To give your neighbourhood birds an advantage during Arctic-like conditions, make sure



Dark-eyed Junco

you keep your bird feeders stocked with foods that are high in fat and calories such as seeds, peanut butter, and nuts. These fill birds with plenty of energy that enable them to generate more body heat. Birds can use energy to melt snow into water that they can drink, but this will lower their body temperature.

Providing water from a heated bird bath will give your neighbourhood birds a much better chance of survival. Don't worry about how backyard birds keep warm when the temperature starts to drop, they have plenty of effective adaptations that allow them to survive even the coldest nights. Bird lovers who un-

derstand these adaptations and help birds by providing them with suitable food and shelter will be sure to enjoy warm and healthy backyard birds no matter what the temperature is.

There are plenty of birds that hang around in McLeod in our cold winters. Keep your eyes open when you're outside, and maybe make a trip to our Boisvert's Greenwood Conservation Lands, one of EALT's sites just north of your community, to see winter birds like the Dark-eyed Junco.

Edmonton and Area Land Trust

Making positive steps toward your health goals

To make a change, use goals to chart your path to success. Two types of goals can help you do this: long-term and short-term.

Don't forget to write down your goals. They may change, but you'll want a record. Writing them down is a great way to start your plan to improve your health.

No matter what your health goal is, creating a specific plan can help you succeed. Follow the steps below to create your plan. This will put you on a path toward meeting your goal. With the help of goals, you can go as far as you want!

Step 1: Know your reason.

Why is this change important to you? Make sure it's something that you really want to do.

Step 2: Set a specific long-term goal.

A long-term goal is not something you can do all at once. It's the goal that inspires you and that will show how far you've come when you complete it. It's usually a goal you hope to reach in six months or a year.

A long-term goal could be to walk for one hour, three times a week. To keep going, think how proud you'll be when you reach this goal.

When you reach your long-term goal, you can keep things fresh by setting new goals.

What is a long-term goal that you can reach in about six to 12 months?

Step 3: Set your short-term goals

Short-term goals help you accomplish your long-term goal. They keep you going day to day. They are usually goals you hope to reach tomorrow or next week.

One example would be to start using the stairs at work, or to take one 10-minute walk and build up to walking three times a week. Short-term goals should be easy to do and will grow as you make progress.

How can you create short-term goals that you take week by week to reach your long-term goal?

Step 4: Prepare for slip-ups or setbacks

What might get in the way of your reaching this goal? You may already know that things like time, money, or emotions could get in the way. How might you get around these things?

Step 5: Plan for support and rewards

Who can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

Step 6: See your success

How will your life be different after you make this change?

How to stay involved in your child's education

Parental involvement in a child's education is important to youth development. It's one of a series of positive qualities and experiences, known as the 40 Developmental Assets.

The non-profit Search Institute has identified these assets as the building blocks of healthy development.

The more assets a young person has, the more likely they are to thrive and grow up healthy, caring and responsible. The fewer they have, the more likely they are to engage in risky behaviours.

But before you say, "I'm sure they don't want me at

school," remember this: Your children are proud of you and love having the chance to show you off to their teachers.



Everyone is busy, but a little can go a long way. Consider speaking at career day. Help out at a classroom party or sports event. Or simply check in with the teacher every other month to catch any concerns before they become problems.

If you have more time, you could supervise children on the playground, volunteer to tutor struggling students or join the school council.

Typically, parents tend to be more involved in the ear-

lier grades. You may want to read to the class or individual students, or share your culture through food, music and celebrations.

It's just as important, however, to maintain that school connection in the later grades. You could chaperone for a ski trip, or help kids fill out university or college applications. This is a

critical time in your teen's life, and your presence as a role model, navigating new boundaries and setting expectations with them, can't be understated.

No matter your child's age, you may want to start by asking them how they might like you involved with school. Or ask what they like about other parents who help out.

Check in with the teacher or principal to find out what's really needed in the school community.

As a family, you can demonstrate that school is important to everyone. Make attending school events a priority and schedule them on the family calendar. Consider reading the same book your child has been assigned,

and talk about it at dinner. Attend all parent-teacher conferences with your child so that everyone is on the same page about challenges, strengths and goals.

We all want our children to grow into caring, responsible and productive adults. Parental involvement in school is one of the ways to help get them there.

BEGINNER YOGA

Tuesdays 8-9pm @
McLeod Community Hall
\$15 drop in
\$72- 5 class pass

Beginner / Injury Friendly
No experience necessary.
Accessible for all shapes,
sizes, ability, & ages

780-885-6222

Spread joy, not germs: stay healthy this holiday season

'Tis the season of fun holiday get-togethers but unfortunately it's also the season for not-so-joyful germs. With seasonal illness circulating, remember to protect your health and prevent illness.

Get immunized: Immunization is one of the most effective ways of protecting yourself against influenza viruses already circulating in our communities. It's not too late to be immunized. Vaccine continues to be offered to all Albertans (six months of age and older), free of charge. Remember: it takes up to two weeks after receiving your influenza immunization to be protected against influenza, so make plans to get your vaccine today! For more information, visit www.albertahealthservices.ca/influenza or call Health Link at 811.

Cover your cough: Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.

Clean your hands: Using soap and warm water wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing food. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Clean or dirty: always try to keep your hands and fingers away from your eyes, nose

and mouth.

Stay home if you are sick: If you're experiencing illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare or any social function. Please also do not visit family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered.

Mind your food prep: If you are sick, do not prepare food for anyone, until fully recovered. When you are cooking, always keep safe food handling practices top of mind. To help you with the turkey task, follow AHS' Turkey Tips: www.albertahealthservices.ca/turkeytips.asp

Around the house: Keep household surfaces clean, using a household cleaner. Think creatively when hosting gatherings: put a bowl on a hand sanitizer pump and leave it out for guests to use; choose pre-wrapped candies or single serve food items instead of offering bowls of unwrapped snacks to all. Always thank others for declining invites due to illness.

Year-round: Keep yourself in good health by covering the basics: get enough rest, eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly. Finally, if you drink alcohol, do so in moderation and don't drink and drive.

For more information on these and other wellness topics, visit www.myhealth.alberta.ca, or call Health Link at 811.

Supporting a friend with mental health issues

Do you have a friend who just doesn't seem to be their usual self? Something about them has changed, and you're wondering what's going on? Friends can be the first ones to notice changes in a friend. It may be a change in mood, certain behaviours, or in activities they used to enjoy. You may notice that your friend seems to be tired all the time or is easily annoyed. Maybe they've stopped hanging out and are spending more time alone. Sometimes it's hard to pinpoint what's different about them,

but you just have a sense that something's wrong. Maybe they've told you that they're having struggles. Many people turn to their friends for help if they're having a problem. Knowing how to support someone is an important part of being a friend. Signs a friend may need some support:

They don't seem to enjoy activities as much anymore.

They seem distracted or are having trouble staying focused.

They are unusually worried about things that don't

seem to be a big deal to you or others.

Their eating habits have changed—they avoid hanging out at lunchtime or make excuses as to why they're not eating.

They're always tired or complain they aren't sleeping well.

They're missing more and more time from school or work.

They're drinking more alcohol or using other drugs more.

They're sad much of the time and find it hard to see any positives in their life.

They are spending more time alone—they don't want to hang out with friends or do any of their usual activities.

Give and accept support. Manage stress. Help your friend to learn what stresses

them and how they can manage it in healthy ways before it overwhelms them.

Deal with moods. Support your friend to find safe and constructive ways to talk about negative feelings, such as anger or sadness. Sports, writing (keeping a journal), painting, dancing, making crafts, are all good ways to help deal with difficult emotions.

Helping others to acknowledge their strengths and feel good about themselves can also help you recognize your own strengths and ways you can support your own mental wellness.

If you or if your friend needs more help, call Health Link at 811 or the Mental Health Help Line at 1-877-303-2642, available 24 hours a day, 7 days a week.

www.communityleagueneews.com

McLeod Community League

YOGA-FIT



Tuesdays 6:30 - 7:45pm



Drop in \$15



Yoga-Fitness Fusion

Build strength, stretch & relax = perfect balance!

Wear layers, & be prepared to sweat!

Bring: water bottle & mat

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Northmount Community League News

Northmount Board of Directors as of June 18, 2019

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	VACANT	
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 Explorerz	Karen Plamondon	780-478-2010

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/Northmount-CommunityLeague/> Join in the conversations, RSVP to

Events we are hosting, and connect with fellow community members. We'd love to see you there!

President's Message

Happy New Year everyone! I hope everyone was able to find some joy at the start of the new year and are prepared to start fresh with new hopes and plans for 2020. We have volunteers working hard to come up with some activities in the new year to enjoy- please stay tuned to our future issues of the Northeast Voice for more details – or join our Facebook Group – Northmount Community Edmonton.

Although it is still wintertime, we are starting to look for volunteers to help out with our upcoming ball tournament, (dates to be determined). Please contact Meagan by email at president@northmount.ca if you are interested in helping!

Save the date! Our AGM meeting is set for April 21, 2020. We are in desperate need of help to fill various board, committee and volunteer posi-

tions. If you or someone you know is interested in filling a position to keep the community moving forward, please contact Meagan by 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!

Take care!

Meagan Plamondon (she/her)

Yoga back to Northmount!

Plans are in the works to bring Yoga back to Northmount on Tuesday evenings.

If you are interested, please contact Meagan by email at president@northmount.ca

Outdoor Soccer Registration

Registration for the Outdoor soccer season opens on February 1, 2020. Please visit <https://emsanorth.com/> for more information. You may register in person in the rink shack area of Northmount

Hall on the following dates and times. If you have any questions, please email soccer@northmount.ca or phone (780) 974-8456.

February 25 and March 10, 2020 from 6:30 to 8:30 PM

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 Mem-

bers

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>



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 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. There will also be no classes on Monday, December 30.

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





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FOR LOW INCOME SENIORS

780-476-1470
www.vistahousing.org

14 PROPERTIES IN EDMONTON

Accepting applications for persons 60+
at select locations

Vacancies
Available



FamilyDay
AT THE LEGISLATURE

Monday, February 17
11 a.m. to 4 p.m.

#abfamily |     | assembly.ab.ca

