

# NORTHEAST VOICE

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

March 2020



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

## Urban Poling

Urban poling, otherwise known as Nordic walking, is a popular European activity making its way to Canada. It's a fun way to spend time with friends while getting fresh air and exercise. People of all ages can enjoy urban poling, as the poles are adjustable and offload weight from the hips and knees for pain-free walking. It allows for increased accessibility to many urban spaces such as sidewalks and urban trails



and is a fun activity to do either alone or as part of a group. Urban poling is an enjoyable outdoor activity that gently works the main muscle groups while also aiding posture. If you're interested in learning more about this fun group activity and would consider becoming someone in our community who leads groups in urban walking, please contact the Publicity Director at [publicity@kilkenny.ab.ca](mailto:publicity@kilkenny.ab.ca)

## Yoga is Back!



Yoga is back at Northmount on Tuesday's from 7 PM until 8 PM. For \$100 you can purchase a one year pass to attend as many classes as you like.

There is also the option to volunteer in exchange for the registration fee. A valid Community League

membership is required to join. Please purchase your membership from your home community, at <https://efcl.org/membership>

To register, or if you have any inquiries, please email Sid at [sidplamondon@outlook.com](mailto:sidplamondon@outlook.com)

### Upcoming Events in the Northeast

#### February

- 25 Feb: Soccer registration at Northmount 630-830pm
- 25 Feb: Sports registration at McLeod
- 29 Feb: Sports registration at McLeod

#### March

- Mondays at Northmount: Hapkido 730-9pm
- Mondays at EPL Londonderry: Lego Robotics Tower Defense 4-5pm (Ages 9-12, Free, Register at [epl.ca](http://epl.ca))
- Tuesdays at Northmount: Yoga 7-9pm
- Tuesdays at EPL Londonderry: Minecraft Club 4-5pm
- Wednesdays at Northmount: Hapkido 730-9pm
- Wednesdays at EPL Londonderry: Sounds Like Fun for Preschoolers 6-645pm
- Wednesdays at EPL McConachie: Day Home Rhyme Time 1030-11am. Literacy play for day homes.
- Thursdays at EPL McConachie: Lego at the Library 3-4pm
- Fridays at EPL Londonderry: Youth Drop in 5-6pm, for making, gaming, chatting, and free snacks
- Saturdays at EPL McConachie: Makercade 330-430pm. Fun tech for ages 6-12.
- Sundays at EPL Londonderry. Practice English 130-3pm
- 3 Mar: Sports Registration at McLeod**
- 10 Mar: Soccer Registration at Northmount 630-830**
- 14 Mar: MLA Job Fair at Kingsway Legion; 9-noon
- 21-28 Mar: Spring Break at all EPL Branches. A variety of fun activities including Quidditch, magic shows, yoga.

#### April

- 2-4 Apr: Northmount Annual Garage Sale
- 21 Apr: Northmount AGM

#### Location Addresses:

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

#### Errata:

The MLA job fair date was incorrectly printed in the February issue. The correct date, March 14, appears in this issue.

## Community Meal



Serving: Spaghetti and Meat Balls, Garlic Bread, Salad and Dessert  
Date: Friday, March 13, 2020  
Place: VantagePoint Community Church (6712 Delwood Rd, Edmonton AB, T5E 3A5)

Start Time: 6:00p.m.  
Tickets: \$15/ticket, kids 5 & under Free  
Limited Seating Available  
To reserve your spot please call Alyssa Gerdes @ 780-298-0586 or email [usatevents.vpcc@gmail.com](mailto:usatevents.vpcc@gmail.com)

# 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
Arrey Tabot	Treasurer	780-604-7072	treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Jenilee Caterina	Secretary	780-984-3298	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
Jeff Muiselaar	Programs/Sport Explorer Director	780-478-1759	programs@evansdale.ca
Jim Ragsdale	Director at large		
N/A	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

## Evansdale Celebrates Family Day



Family Day in Alberta turns 30 on Monday, February 17, 2020. It is meant to be an opportunity for family members and their children to spend quality time together. On February 16, the Family Day celebration organized by Evansdale Com-

munity League provided that opportunity via various fun activities both indoors and out.

Approximately 110 people of all ages turned up for Sunday's event. Sleigh rides, skating, ice soccer, hockey, face painting, crafts table,

caricature art, and snap food with hot chocolate were offered to our wonderful community for free. We will continue to observe Family day to strengthen connections we share with one another and to celebrate community spirit. See you next year!

## 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

## Open Letters by Evansdale Residents on Home for Heroes Project

### Letter #1: Evansdale Community Discusses Homes for Heroes Proposal at January 28 Meeting

A meeting of the residents of Evansdale was held on January 28, 2020 to discuss the rezoning application put forth by Homes for Heroes for the development of a Tiny Village for homeless veterans. The rezoning relates to the parcel of land along 153 Avenue and 93/94 Streets from agriculture to DC2. This meeting was an informal meeting of residents, and as such there was no representation from the City or Homes for Heroes. It should be noted that the notice of this meeting was delivered by volunteers to households in their area and word of mouth.

The general consensus of the meeting attendees was that the parcel of land was not ideal because it is flanked by three roadways and runs East and West along a busy avenue (153 Avenue). The attendees at this meeting all agreed that these veterans deserved a better location for their Tiny Village. In 2019, there were 76 car crashes at that particular

intersection. A "2016 Hourly Traffic Volume" report by City of Edmonton showed that an average of 21,767 cars travelled between 97 street and 82 street – East and West – per day.

It is also important to note that all meeting attendees agreed that something should be done to support homeless veterans and applauded the work of Homes for Heroes. A common question asked at the meeting was "Is there no other piece of land available with the Evansdale Community boundaries that could be used for the Tiny Village?"

At this meeting, a petition to reject the application to rezone this specific piece of land was made available for signature. This petition, with 87 signatures, was emailed to all City Councillors, the Planning Department, the Mayor's Office and Homes for Heroes. The original was delivered to the Office of the City Clerk on January 31, 2020.

IT SHOULD BE NOTED THAT THIS PETITION WAS OPPOSING THE REZONING OF THIS PARCEL OF LAND ONLY AND

NOT THE HOMES FOR HEROES PROGRAM IN GENERAL.

Submitted by Pat S., Evansdale Resident

### Letter #2: Homeless Heroes

I feel that it is a shame and disgrace that the City, province and federal governments, and mostly the military refuse to honour our homeless heroes by not allocating a very small portion of the present Griesbach site for this housing project.

For many military personnel, this site was their home and place of training. On this site, we honour our war heroes who fought and died for us with plaques and statues. Would it not be more appropriate to use this site to help rehabilitate some of our military people who have fallen on tough times and need our help?

I feel that the northeast corner of the Griesbach site bordering 153 avenue and 97 street should be strongly considered for this project for the following reasons:

\* This portion of land is under the jurisdiction of the military.

\* This portion of land is buffered with trees along 153 avenue, 97 street and by the side of military rental housing.

\* There would be no need to remove any trees.

\* This piece of property has sat vacant for a minimum of 50 years.

\* It is convenient to a bus stop on the corner of 97 street and 153 avenue.

\* There is a paved access road along 97 street up to the present rental housing plus an additional access road off 153 avenue and approximately 99 street.

\* With the existing military rental housing bordering the southern portion of this property, it is obvious that the power, sewer, and water already here would make this site more cost effective.

\* There would be minimal disruption to traffic flow on 153 avenue and 97 street and to the neighbouring housing community during the construction phase.

\* This site is large enough to accommodate off-street parking for service and staff vehicles without encroaching on neighbourhood parking.

\* This site can fully meet the potential needs of this project.

\* It leaves the present proposed site as a well-used tobogganing site frequented by hundreds of families both from the neighbourhood and surrounding communities. This is the only true natural active playground site in the community (baseball and soccer fields do not provide the same opportunity).

A symbolic gesture that offers the proposed land for one dollar meets the needs of our politicians and bureaucrats but does not fulfill the needs of the project nor solve the concerns of the community and its citizens.

I question the merits of this site. These are my concerns:

\* The site is too small for the project. In May of 2019, the proposal had up to 30 units. Now the new proposal has 20 units and no raised garden beds.

\* The project buildings are too close to 153 avenue and the neighbours across the street.

\* Will the service vehicles and staff that will frequent the site be parking on the

street and encroaching on the adjoining neighbours privacy?

\* What will happen to the trees that have been planted on the site?

\* This development is so close to the 94A street access onto 153 avenue. It will certainly increase the traffic congestion in this area. In addition, the traffic of buses and parents already coming to and going from Evansdale School puts an extra burden on this intersection.

\* The project will definitely cause traffic delays and disruption to traffic flow during the construction period of this project.

As a responsible corporation, the military has a duty of care to their employees even when they fall upon tough times. There are approximately 7000 personnel from across Canada that require rehabilitation. I feel that an allocation of land in each province by the military is not unreasonable, especially when it will end up with a lease agreement.

"Lest we forget"  
Submitted by T. Leskiw,  
Evansdale Resident

www.communityleagueneews.com

## Summary of City's February 5th Public Engagement Session on Evansdale Homes for Heroes Project

A meeting hosted by the City of Edmonton was held at Evansdale Community League hall on February 5, 2020. In attendance were representatives from the various organizations involved in this project including: Dave Howard – Homes for Heroes, Jon Dziadyk – Councillor Ward 3, Heather Vander Hoek – City of Edmonton Planning Department, Malcolm Bruce – PPCLI.

The community league took attendance and 81 residents chose to sign in. Of these 81 residents - 21 had previously signed the petition opposing the rezoning, 40 opposed the rezoning, 13 were in favor, 3 were out of the Evansdale boundaries, and 4 did not indicate one way or another.

Including signatures on the petition presented at the January 28 community meeting, over 100 Evansdale residents are NOT IN FAVOR of the rezoning.

The City of Edmonton also provided a form to the meeting participants asking for their contact information. The form indicated that those people would be kept current on any other information going forward.

The next step is for the rezoning application to come before a Council meeting for a Public Hearing at which time Councillors will hear presentations by the public and then vote on the issue.

It is not clear if those com-



pleting the City's contact form would be informed of the date of the Public Hearing before City Council. The City, at the very least, is required to notify residents 60 meters of the proposed site about the Public Hearing. This information should be available on John Dziadyk's Facebook or Twitter account and the City of Edmonton website.

As soon as the date of the Public Hearing is known, a notice advising residents of the date will be prepared and delivered to households in the area by volunteers. It is hoped that as many residents as possible will attend the Council Meeting.

A representative will be chosen to make a formal presentation on behalf of those not in favor of the rezoning. Anyone can apply on-line to be registered as a guest speaker.

It is unfortunate that the City has done away with

Town Hall meetings and has introduced the "public engagement" format. The "Town Hall" format affords an opportunity for everyone in attendance to hear the various questions asked and the answers received. Properly monitored Town Hall meetings are, I believe, more beneficial to those in attendance.

At the end of the evening, I had the opportunity to speak to many of the people who attended this public engagement and the common complaints were that they didn't get answers to their questions, would ask a question but got redirected to another person for an answer (having to repeat their question), and didn't know who to approach to get the information they wanted. In general, many believed the "public engagement" format favors the City and not the taxpayers.

*Submitted by Pat S. – Evansdale Resident*

## 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.

## Visit Our Facebook Page

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

book!

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



## Spring Yoga at Evansdale Hall



10 Thursdays  
 April 16 - June 18  
 7:30pm - 8:30pm  
 \$110 or \$13/class for drop-in

Contact [evansdaleyoga@gmail.com](mailto:evansdaleyoga@gmail.com) to register or for more information.

Easy-going, gentle approach to yoga in a friendly, supportive environment. Designed for beginner to intermediate students. No previous experience necessary. Please bring a mat, towel or blankets, and water.

## Best Wishes in the Hockey Playoffs

I hope all the players and their families are having an enjoyable hockey season. Congratulations to all the Eagles teams and NEZ teams for a successful Minor Hockey Week! Enjoy the final stretch of the hockey season and best wishes to all the teams in the playoffs.

*Todd Sharkey  
 Hockey Director  
 Evansdale Community League*

## Community League Memberships

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

rentals, and enjoy skating in the winter!

\$25 family  
 \$10 single  
 \$10 seniors  
 \$15 single parent  
 \$15 couple with no children

Contact Elaine Sarac at [membership@evansdale.ca](mailto:membership@evansdale.ca) or 780-476-7442 to get

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

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

## Ask Charles

**I saw a house for sale and I want to check it out—will I have to sign a contract to get a real estate professional to show me the house?**

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying a property or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relation-



ships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign to indicate they've read the guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the guide before entering into any

contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

*"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](mailto:askcharles@reca.ca).*

# Kilkenny Community League News

## Save The Date

Sports Registrations  
February 27 @ 6:30-8:00pm  
March 5 @ 6:30-8:00pm  
March 7 @ 11:00am-1:00pm

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](mailto:publicity@kilkenny.ab.ca).

## Soccer & Sport Explorerz Registration Dates



Mark your calendars for these important registration dates: Thursday Feb 27: 6:30- 8:00pm, 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](http://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.

## 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.

## Kilkenny Is Looking For Female Soccer Coaches

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

Please contact us if you know of any girls/women who would like to coach, help us increase the number of girls involved in soccer, and be a role model for

## Indoor Soccer 2019 - 2020 Wrap Up

The 2019-2020 Indoor Soccer Season Wrap up was on February 9, 2020. Kilkenny would like to Thank all the coaches, parents, managers, and of course the kids for a great season. We would also like to recognize all the people behind the scenes that makes every Soccer season possible.

From the parent that takes the registration form, to making the teams, handing

## 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](mailto:Membership@Kilkenny.ab.ca)



young girls. We are hoping to have female coaches for the younger age group who will move up with those same girls. If you have any

other ideas that can help girls get involved in the soccer program, please email me at [soccer@kilkenny.ab.ca](mailto:soccer@kilkenny.ab.ca) Thank You, Amber Fink.



out equipment, and the list goes on. Community Soccer

doesn't run without volunteers.

So Again, Kilkenny Thanks everyone who makes Soccer possible in our Community. We hope to see everyone in Outdoor 2020.

Congratulations to the Kilkenny teams that are heading to EMSA City Finals on February 21-23. Thank you for representing Kilkenny.

Amber - Kilkenny Soccer

## 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](mailto:VicePresident@kilkenny.ab.ca)

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

## 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.

# 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

## VOLUNTEERS NEEDED

Londonderry Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee and volunteer positions.

### Positions Needed

Maintenance Person  
Event Volunteers  
Bingo Volunteers  
Membership Director  
Sports Director  
Treasurer  
Lawyer

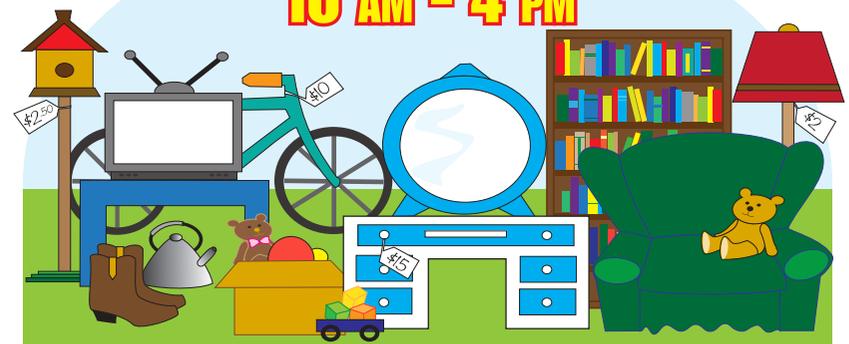
If you or someone you know is interested, please contact our Secretary Beth, at [secretary@londonderry.online](mailto:secretary@londonderry.online) or our President Angie, at [president@londonderry.online](mailto:president@londonderry.online)

Londonderry Community League can only keep the doors open by relying on dedicated volunteers.

*We need your help!*

## 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](mailto:president@londonderry.online)  
or 780-819-1214

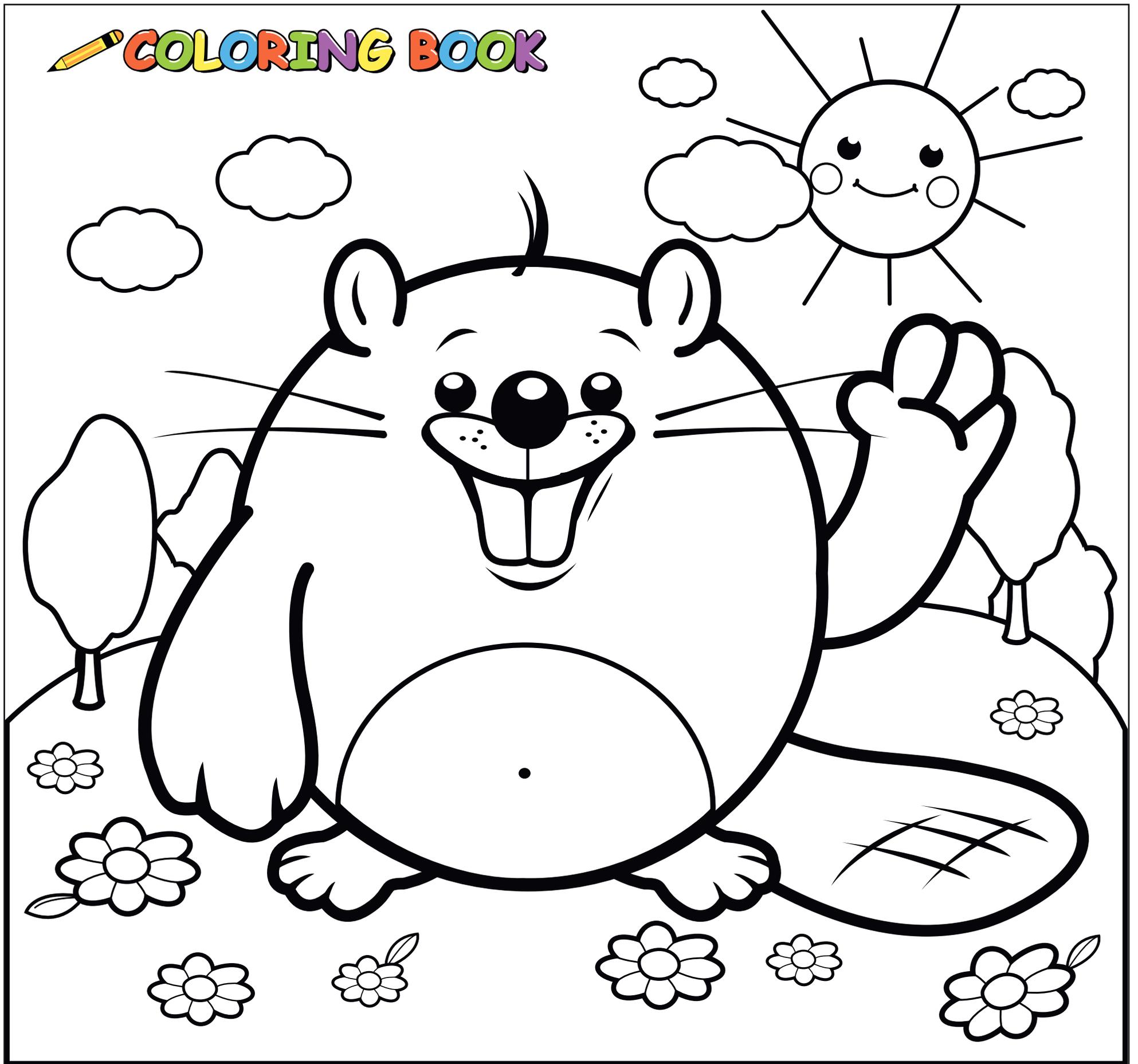
**JOIN US!**

## Londonderry Community League

## Hall Rental

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





## **Eat healthy for your heart**

Heart disease is a leading cause of death in Canada. Roughly 2.4 million Canadians are affected by heart disease.

If you are worried about your heart's health, one of the most important changes you can do is to start eating a heart-healthy diet. Small steps can create big, healthy changes.

Here are a few tips that may help make your heart healthier:

Eat a variety of fruit and vegetable servings every day. Dark green, deep orange, or yellow fruits and vegetables are especially nutritious. Examples include spinach, carrots, peaches, and berries.

Eat a variety of grain products every day. Include whole-grain foods that have lots of fibre and nutrients. Examples of whole grains include oats, whole grain bread, and brown rice.

Eat fish at least two times each week. Oily fish, which contain omega-3 fatty acids, are best for your heart. These fish include salmon, mackerel, lake trout, herring, and sardines.

Read food labels and limit the amount of trans fat you eat. Trans fat is found in many processed foods. These foods include cookies, crackers, chips, and many snack foods.

Limit sodium. Most people get far more sodium than they

need. Try to limit how much sodium (salt) you eat. For good health, less is best. This is especially important for people who are at risk for or already have high blood pressure. Try to limit the amount of sodium you eat to less than 2,000 milligrams (mg) a day. If you limit your sodium to 1,500 mg a day, you may be able to lower your blood pressure even further.

Limit alcohol intake to two drinks a day for men and one drink a day for women.

Limit drinks and foods with added sugar.

# Castledowns Denture Clinic & Implant Denture Centre

**DENTURES OVER IMPLANTS COMPLETE & PARTIAL  
DENTURES REPAIRS & RELINES**



[www.cddentureclinic.ca](http://www.cddentureclinic.ca)

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the government of Alberta  
Dental program for Seniors

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R. Lucyshyn DD

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\*Some conditions and restrictions apply.

[www.londonderrydentureclinic.com](http://www.londonderrydentureclinic.com) 13594 Fort Rd. Northeast Edmonton

## Ward 3 Councillor Jon Dziadyk

### March Update

Last month I hosted 5 community events. This month I will be: Fighting for some common sense snow procedures for the City. Supporting a group naming a park after Khalil Gibran. And working with local authors to develop a North Side Anthology. How do you want your North Side?

(780) 496-8128  
[jon.dziadyk@edmonton.ca](mailto:jon.dziadyk@edmonton.ca)

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



Ward 3 Councillor  
Jon Dziadyk

[www.facebook.com/EdmontonElection](http://www.facebook.com/EdmontonElection)

4th Annual  
**NORTH  
EDMONTON  
JOB  
FAIR**



hosted by  
**HEATHER SWEET**  
MLA for Edmonton - Manning

**OVER 30 DIFFERENT EMPLOYERS**

**SATURDAY  
MARCH 14**

**KINGSWAY LEGION  
14339 50 STREET NW**

**9 AM  
NOON**

For more information, contact us at:  
14904 50 Street NW, Edmonton, AB T5A 5H7 780.414.0714  
[Edmonton.Manning@assembly.ab.ca](mailto:Edmonton.Manning@assembly.ab.ca)



# McLeod News

McLeodCL  
 @McLeodCommunity  
 14715 59 Street  
[www.mcleodcommunityleague.ca](http://www.mcleodcommunityleague.ca)

## Soccer Registration Kicks Off in McLeod

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

Please visit the CGSA website for registration information: [www.cgsa.ca](http://www.cgsa.ca)

Please bring the following to McLeod's payment session: a copy of the TeamSnap player registration form, identification for proof of birth date, payment (cash/credit/debit only - cheques



are not accepted as payment for soccer registration), an un-dated but signed cheque for volunteer commitments

and Kidsport/Jumpstart applications if applicable.

Registration fees are as follows.

We will also have socks, shin pads, and shorts available for sale for first time players, and for those that have outgrown their current apparel.

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

Todd, McLeod Soccer

Age Category	Birth Year	Playing Days	Fee
U4	2016	Saturday morning	\$65
U5	2015	Saturday	\$65
U7	2014 – 2013	Monday	\$75
U9	2012 – 2011	Wednesday	\$100
U11	2010 – 2009	Tuesday	\$120
U13/14	2008 – 2006	Thursday	\$120

## McLeod Community Safety Director

### Stranger Danger

In February my two children were chased by an unknown male for unknown reasons. My children were walking home in the field behind Dr. Donald Massey when this occurred and they were able to run back to the school. The incident was not reported to police by the school. This issue was addressed. I reported to police approx. one hour after the incident when I was notified. Due to the time delay, they didn't respond.

Through social media it was discovered that a young girl was followed in front of the school 45 minutes prior to my children being chased. The description of the male matched: Caucasian, male, 30-40 years of age and wearing dark clothing. He had facial hair, was with a large black dog and was seen getting into a black, older model GMC Yukon.

Upon further investigation I was informed by the school that a child was followed near the school at end of January. All incidents happened after school. The school did later advise parents of the

incidents that have been reported.

I have requested through Edmonton Police Dispatch to send officers to conduct proactive patrols at or near the school at dismissal. EPS have turned down my requests at this time and documentation is the only thing they are willing to do at this point. I am very disappointed and frustrated with the way EPS has handled these incidents and their lack of support for helping us keep our children safe.

I have contacted City Councillor, Aaron Paquette's office for assistance with the lack of response from our police. One of Edmonton Police Service Core Values is Community that they are dedicated to Protect and Proud to Serve. In my opinion they need to improve in this area. I work closely with the RCMP and can vouch when the RCMP is requested to conduct proactive patrols around schools for any reason they have always been happy to attend and assist to protect their community they serve.

As residents, we also have

a responsibility to keep our eyes and ears open and to report any suspicious activity to the police immediately!

EPS has indicated that this is the only way they will assist with this type of complaint. For the rest of the school year, please be more aware around schools and speak to your children about Stranger Danger. If you see a male as described above, lurking around, or any other suspicious persons or activity, call 911 immediately. Also, please let the school know so they can notify all parents. And, if you have time, please let me know as well.

### Tips to go over with your children in regards to Stranger Danger:

Tell them to trust themselves. If something doesn't feel right, find help right away. Young children may describe this as an "uh-oh" feeling. Trust those feelings and find a parent, teacher, or other good stranger to help.

To always walk with a friend. Bad strangers look for kids who are alone. Walking with other kids will help you stay safe.

## McLeod Indoor Soccer Season Ends

Hard to believe, but as quickly as it started the indoor season has ended. Thank you to all the coaches and parents who have supported McLeod this season. Many of you have

unselfishly volunteered your time to make the program a huge success. We couldn't have done it without you.

Congratulations to the following teams who will be

representing us at Cities.

- U11 Boys – Khair
- U15 Girls – Moffitt
- U17 Girls – Spielmann
- U19 Girls – Grzyb
- U19 Girls – Chand

## Fourth Annual Del Golinowski 3v3 Hockey Tournament



Crush celebrates a big win and Del and his grandchildren drop the puck to start the day.

Thanks to the five great teams that joined us for the fourth annual Del Golinowski Hockey Tournament.

Del himself was on hand for the ceremonial puck drop

and the awarding of the trophy.

We were excited to see Mark Connolly of the CBC Rink Checker come by as well and record a spot for

the CBC AM radio show. Congratulations to Crush, who took home the tournament championship this year, going 4-0 in the Round Robin and then winning the final.



Secrets aren't safe. Many times bad strangers try to use secrets as a way to test boundaries. Tell your parents right away if someone asks you to keep a secret and say: "No, I don't keep secrets from my mom and dad."

Yell and tell. If someone tries to force them to go with them, yell as loud as possible: "This is not my dad!" Tell a parent or another good stranger right away if someone tries to get you to go with them. Tell them to fight as hard as they can. Bite, scratch, claw, punch or kick.

Tell your child it's important to get permission before going anywhere with anyone.

Try and avoid having your child's name on their jacket, backpack or outside of lunch buckets. When strangers know your child's name your child is much more likely to trust them.

Tell your children if they are being followed or chased, to run the opposite direction of the person or car. Try and find a safe person like a police officer, fireman, teacher or school staff, or another

parent that has children with them.

### Traffic Safety

The Alberta Traffic Safety Calendar focus for March is seatbelts. Seatbelts must be worn and worn properly. Shoulder straps cannot be put under the arm and failure to do so can result in a fine of \$155.00.

If you have a doctor's letter which says due to health issues you cannot wear a seatbelt, the letter must be with you and it is only good for one year from the date the letter was issued.

Car seats are required to be installed properly, be sure to read your vehicle manual and your car seat manual on proper car seat placement and installation. If you are still unsure on the car seat installation or usage, try and locate a Child Passenger Safety Technician. Free clinics are usually put on a few times a year. Go online to [www.cpsac.org](http://www.cpsac.org) or [www.stjohn.ab.ca](http://www.stjohn.ab.ca).

### More traffic rule tips:

Did you know that unless a traffic signal or sign indicates otherwise, you must come to a complete stop at a

red light and turn? The fine amount is \$388.00, plus 3 demerit points.

Did you know that if you change your name, physical address or postal address you have up to 14 days to apply it to registries? Ensure you give registries your current cell phone number.

This will assist officers if they need to contact you. The fine amount is \$155.00. This could help you avoid a ticket or tow.

Did you know that your licence plate is not valid until your current Validation Tab Sticker is put on and displayed on your licence plate? The fine amount is \$155.00.

Did you know that if your licence plate is obscured by snow, ice, mud, dirt or any type of cover you can receive a violation ticket with the fine amount of \$155.00?

Did you know that you cannot have any tint on your front door windows or windshield? This includes tinted brows on your windshield.

If you wish to contact me with questions or concerns in our community please email me at [safety@mcleodcl.ca](mailto:safety@mcleodcl.ca). Stay Safe!

## Friendship & Sunshine Vines Community Garden Volunteer Internship in the McLeod Neighbourhood!

Friendship and Sunshine Vines Community Garden is looking for a volunteer intern to coordinate our community garden this summer!

The garden is located at St. Michael and All Angels Anglican Church, 5003 146 Ave. It is a collaborative project of the church and the Edmonton Multicultural Coalition. There are nearly twenty of us who make up the garden, tending to our plots, and help make the garden a beautiful and welcoming community space for the neighbourhood. We are looking forward to another year of planting, workshops, abundant growing, and sharing food together!

### What does this internship involve?

The internship is mostly coordinating garden members to ensure that the garden maintains itself and its flow, and offers itself as a community space! We are hoping to paint the garden beds and picnic bench this year, install a mason bee house, put down woodchips around the raised

beds, and overall ensure that everything is running smoothly! The intern will be supported to develop skills they do not yet have.

The intern will also have their own garden plot to plant and harvest on their own time.

The position is estimated at twenty hours per month, from March until September.

### Who would enjoy this position?

Someone wanting to get their hands deep in the soil of project-based community-building! You ideally live in McLeod, Kilkenny, or another nearby community, are from a non-dominant ethno-cultural group, and you love gardening!

You are familiar with the neighbourhood, you enjoy working in an intercultural setting, you enjoy spending time outside, love gardening and love helping make community spaces more welcoming. You are patient and positive, and enthusiastic about good community work! Have I mentioned that a love of gardening would help?

You love working independently and are good at taking initiative, but also will be supported by a team whenever you need.

This position will be excellent work experience for those looking for project-management experience, community-building experience, or if you want to know more about how food security and community gardens work. It could also be a great fit if you are a parent at home with kids, if you are retired, or simply if you want to spend more time in the community. Access to a vehicle is ideal.

The internship will be supervised and supported by a staff member of the Edmonton Multicultural Coalition, as well as by the Rev. Colleen Sanderson from the Church. You will be able to garden a plot.

Contact Kim at the Edmonton Multicultural Coalition by March 15 for more information or to express interest!

kim@emcoalition.ca; 780-760-1973

## Share your thoughts on the updated Energy Transition Strategy



The City of Edmonton is updating its Community Energy Transition Strategy and has proposed seven climate shifts that group the solutions and actions needed to reduce our emissions. Edmontonians have three opportunities to share their feedback on the updated strategy.

### Climate Action Youth Policy Jam

Date: Tuesday, February 25  
Time: 5 - 7 p.m.

Location: Heritage Room, City Hall, 1 Sir Winston Churchill Square

### Registration: Eventbrite Link Updating the Strategy with a Just and Equitable Lens

Date: Wednesday, March 4  
Time: 6 - 8:30 p.m.

Location: Green & Gold Room, Commonwealth Recreation Centre, 11000 Stadium Road NW

Registration: Eventbrite Link  
Date: Saturday, March 7  
Time: 1:30 - 4 p.m.

Location: La Cite Francophone, 8627 Rue Marie-Anne Gaboury  
Registration: Eventbrite Link

The engagement sessions provide an opportunity to learn more about the proposed changes to the Community Energy Transition Strategy. Feedback will be summarized in a What We Heard Report for City Council later this year.

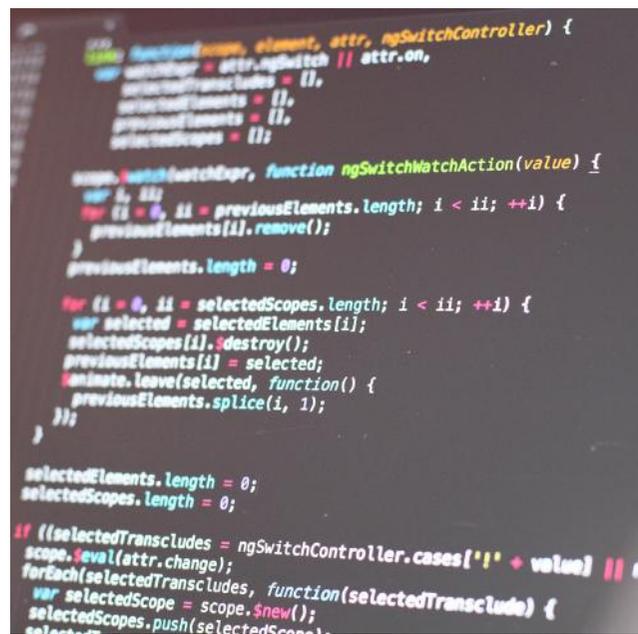
Since September 2019 the City has engaged with stakeholders to ensure that the updated Strategy captures best practices, innovations and ideas that can be achieved and implemented in Edmonton.

## City wins coveted Smart 50 Award for AI software

Smart Cities Connect honoured the City of Edmonton with a global Smart 50 Award in the category of digital transformation for their innovative Artificial Intelligence (AI) solution for safety codes inspections. The City created advanced AI software to predict whether home builders will pass low-risk inspections. This software enables the City to automatically pass inspections for builders with good track records. This new process will allow valuable staff resources to focus on more complicated inspections that pose a higher risk to public safety and shortens timelines for builders.

"I truly believe the next frontier for governments is how we can use data and AI to make better evidence-based decisions," says Mayor Don Iveson. "To know that we're leading the way in this rapidly-evolving field while making things easier for businesses is very encouraging."

Edmonton is a demonstrated leader in using innovation to improve municipal services and is the first city



in Canada to use AI in a risk based predictive model to make Safety Codes inspections more efficient.

Builders and contractors will continue to be responsible for ensuring their work is done safely, correctly and up to code. Safety Codes Inspectors will continue to support homeowners' safety by confirming the work aligns with current applicable code

requirements.

Smart 50 Awards, in partnership with Smart Cities Connect, Smart Cities Connect Foundation and US Ignite, recognize global smart cities projects representing innovative projects with current or future municipal-scale impact and application.

For more information: edmonton.ca/smartcityawards

## 311 hours are changing

The hours for the City of Edmonton's 311 service are being reduced from 24 to 12 hours a day starting February 2, 2020. The new hours are from 7 a.m. to 7 p.m., seven days a week (closed statutory holidays). Support for essential public safety and urgent bylaw calls will continue to be available after hours.

Examples of these calls include downed trees, sinkholes, animal attacks, parking in an emergency lane, etc. People who call in will be prompted to call a dedicated number for after hours inquiries.

311 has received over 20 million inquiries since 2009 and answers roughly 5,000 calls a day. 311 is an easy to remember phone number that citizens can call to inquire about many different City programs and services, from what time their garbage pickup is to how to register for swimming lessons.

The changes to 311 hours are part of Council's effort to deal with reduced revenues and to keep citizen's tax increases down. There will be



no targeted layoffs as a result of these changes. Savings will be realized through natural attrition and through scheduling efficiencies. The compressed schedule will result in a slight

increase to wait times.

Residents can access information on city programs and services using edmonton.ca and report concerns using the Edmonton 311 App.



# Northmount Community League News

## Northmount Board of Directors

POSITION	NAME	Contact
President	Meagan Plamondon	780-270-1212
president@northmount.ca		
Vice President Operations	James Crocker	780-717-5885
Vp-operations@northmount.ca		
Vice President Programs	Robin Wheatley	780-473-8634
Vp-programs@northmount.ca		
Treasurer	Margaret Warwick	780 914-5119
treasurer@northmount.ca		
Secretary	Margaret Warwick	780 914-5119
secretary@northmount.ca		
Area 17 Council Rep.	Karen Plamondon	780-478-2010
Adult Programs Director	Robin Wheatley	780-473-8634
Bingo Director	VACANT	bingo@northmount.ca
Casino Director	Sid Plamondon	780-478-2010
casino@northmount.ca		
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
memberships@northmount.ca		
Past-President	Terry Kitching	780-478-4147
Seniors Programs Director	VACANT	
Soccer Director	Joanne Cheetham	780-477-6010
soccer@northmount.ca		
Sports Explorerz	Karen Plamondon	780-478-2010

## President's Message

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 positions. If you are interested in filling a position to keep the community moving forward, please contact Meagan by email at

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)

## Northmount Hall Rentals

Northmount is pleased to welcome our new Hall Manager, Debbie Boston! If you are interested in renting the hall, please contact Debbie by phone at (780) 475-8943 or email at rentals@northmount.ca



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>

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

Note: There are no classes on statutory holidays.

## 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-](https://www.facebook.com/groups/Northmount-CommunityLeague/)

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

## Northmount's Annual Garage Sale! - April 2 - 4

It's that time of year again! Northmount is hosting our annual garage sale from Thursday, April 2nd to Saturday, April 4th. Do your spring cleaning, pack up all your extra stuff, and help it find a new home!

Table rentals will be \$10 this year. Please contact



Robin at (780) 905-8979 to book!

## Northmount Adult Craft Night! May 1st, 7 - 9 PM



Join Robin and Margaret for an evening of Mosaic Art at Northmount Hall.

They are working on a fun craft for you to do with friends and neighbours while socializing for an evening. Please keep an eye on our Facebook page for photos and cost.

Please note: This is an adult program

## Cannabis edibles aren't risk-free

Baked goods (e.g., cookies), beverages, and candies, including chocolates, soft-chews and mints, are the latest cannabis products to arrive in Alberta cannabis stores.

What do you need to be aware of if you're planning to use them?

If you are using cannabis, edible products provide an alternative to smoking.

Edible cannabis may affect you differently compared to smoked or vaped cannabis. Here are a few steps you can take to reduce your risks.

First, consider the amount of THC in each product. Choose products that have 2.5 mg of THC or less, especially if you are a new or occasional cannabis user. This information can be found on the label.

It can take up to four hours to feel the full effects of edible cannabis. Taking more within

that time can increase the risk of adverse effects. Be patient, start low and go slow.

Edibles may affect you for up to 12 and even 24 hours. Be aware that you may be impaired for a significant time.

Avoid mixing cannabis with alcohol or other drugs, as mixing can significantly increase the risk of over-intoxication and impairment.

If you have existing health conditions or are on medications, talk to your pharmacist or doctor before using any type of cannabis.

Make sure you are with people you trust, who can help you if you have unpleasant or unexpected results, and that you are in a familiar environment when you first eat cannabis.

There is no known safe amount or form of cannabis to use while pregnant or



breastfeeding. The chemicals in cannabis may affect your baby's brain development and may result in learning and behavioural issues that last throughout their life.

Store cannabis products and other drugs (including alcohol, tobacco and tobacco-like products) in their original packaging, locked up and out of sight of children or pets.

Edible cannabis products increase the risk of unintentional consumption and cannabis poisoning in children, as they may be mistaken for regular food or drinks. If a child is exposed to cannabis and shows signs of distress, contact Poison & Drug In-

formation Service (PADIS) (toll-free 1-800-332-1414) or Health Link (call 811 or 1-866-408-5465 for Internet phone users).

A bad reaction to cannabis may include a rapid heartbeat, anxiety, confusion, vomiting or more serious effects such as psychotic episodes or seizures. If you have these side effects, call your doctor or seek medical help.

If you are concerned about your own or someone else's use of cannabis, alcohol, or other drugs, contact Health Link at 811 (1-866-408-5465 for Internet phone users) or the Addiction Helpline at 1-866-332-2322.

## AGM Notice! - April 21, 2020 - 7 PM

### WE WANT YOU!!

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 a current board member for more details! Northmount Community League can only keep the doors open by relying on dedicated volunteers. That is why we need your help!

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

Each position will require a different level of commitment depending on tasks required.

If you want to get involved but do not want to hold a board position, Chair and Committee positions are available and can be created as needed to run specific programs.

Don't see a position or role you are interested in? Contact Meagan to discuss what you want to see at Northmount

Every Year Northmount Community League needs to fill various Board Positions, at this years AGM the following positions are up for nomination. Currently we only have 13 board positions filled by 9 people from just 6 different families. This is a very small group and many of these volunteers have been on the board for a decade or more.

We really need more community engagement to keep the league running, we need new directors and volunteers. Are you willing to help? Please see the volunteer job descriptions below for more information and reach out to Meagan at [president@northmount.ca](mailto:president@northmount.ca) if you have any questions.

### Vice-President Programs

The Vice-President Programs will:

- assume any duties from the President as required
- may have signing authority
- is a member of the Executive Committee

In the absence of the Vice President Programs, the Board or the President may appoint another officer to discharge these duties; and

Responsible for overseeing and supporting community-based programs, functions, and sport programs

### Bingo Director

The Bingo Director will:

● be responsible for the organization, timing and completion of the assigned bingo dates

● keep an updated record of and maintain status of volunteer membership lists and other records pertaining to Bingos

● ensure compliance with the Gaming regulations

● applies for licenses and permits to run Bingos

● help recruit volunteer

workers

● review and prepare policy and procedures with respect to Bingos

● report monthly to the Board of Directors; and

● attend Bingo Association general meetings.

### Facilities Director

The Facilities Director will:

● be responsible for the supervision of hall rentals, ensuring League access takes priority

● be responsible for the development and maintenance of the community center, rinks, parking lot, and other League facilities

● prepare an annual budget for the facilities and submit it to the Treasurer

● review and prepare policy and procedures with respect to the facilities

● supervise any persons and/or contractor hired for work for the facility or the grounds; and

● report monthly to the Board of Directors.

### Communications Director

The Communications Director will:

● be responsible for the publication of the League's newsletter

● oversee the delivery of the newsletter

● be responsible to oversee the maintenance of the League Internet web site and social media

● arrange for publicity for

League events

● prepare an annual budget for communications and submit it to the Treasurer

● review and prepare policy and procedures with respect to publicity; and

● report monthly to the Board of Directors.

### Soccer/Hockey/Softball/Baseball Director

The Director will:

● be responsible for the organization, timing and completion of the required registrations

● keep an updated record of and maintain status of volunteer membership lists and other records pertaining to the sport

● ensure compliance with the Gaming regulations

● help recruit volunteer workers for the sport teams

● maintain and organize sport equipment

● review and prepare policy and procedures with respect to the Sport

● report monthly to the Board of Directors; and

● attend required sport Association general meetings.

### Civics Director

The Civics Director will:

● be responsible for the organization and communication between the league and the city re: citizen engagement and feedback for city development notices, etc.

● review and prepare policy and procedures with

respect to the civics director

● report monthly to the Board of Directors.

### Seniors Director

The Seniors Director will:

- be responsible for the organization, timing and completion of Senior programming
- keep an updated record of senior programs
- ensure compliance with the Gaming regulations
- help recruit volunteers and engage with the community
- review and prepare policy and procedures with respect to Senior Director; and
- report monthly to the Board of Directors.

● ensure compliance with the Gaming regulations

● help recruit volunteers and engage with the community

● review and prepare policy and procedures with respect to Senior Director; and

● report monthly to the Board of Directors.

### Adult Programs Director

The Adult Programs Director will:

● be responsible for the organization, timing and completion of Adult programming

● keep an updated record of Adult programs

● ensure compliance with the Gaming regulations

● help recruit volunteers and engage with the community

● review and prepare policy and procedures with respect to Adult Director; and

● report monthly to the Board of Directors.

● report monthly to the Board of Directors.

### Children's Program Director

The Children's Program Director will:

● be responsible for the organization, timing and

completion of Children's programming

keep an updated record of children's programs

● ensure compliance with the Gaming regulations

● help recruit volunteers and engage with the community

● review and prepare policy and procedures with respect to Children's Director; and

● report monthly to the Board of Directors.

### Family Program Director

The Family Program's Director will:

● be responsible for the organization, timing and completion of Family programming

● keep an updated record of family programs

● ensure compliance with the Gaming regulations

● help recruit volunteers and engage with the community

● review and prepare policy and procedures with respect to Family Program Director; and

● report monthly to the Board of Directors.

### Past-President

The Past President will:

● assume all ad hoc duties at the discretion of the Board

● is a supportive role to the board

● provide mentorship to the current president

was previously a president of the board.

## Edmonton Valley Zoo joins effort to protect endangered frogs

The Edmonton Valley Zoo is leaping at the chance to be part of a program to save northern leopard frogs from extinction.

The Zoo received 22 of the highly endangered frogs and plans to establish a permanent conservation breeding population here in Edmonton. The offspring will be released in a targeted location in British Columbia with the goal of bringing the species back from the edge of extinction. In British Columbia, there is only a single remaining native population of northern leopard frogs located in the Creston Valley, but this population is vulnerable to extinction from habitat loss, disease and invasive species.

The five-month-old frogs came from the Calgary Zoo and are in quarantine at the

Edmonton Valley Zoo. Next year they will move into a new public enclosure. Once the frogs begin breeding, their offspring will be relocated to the Columbia Marshes in southeast British Columbia to help re-establish a wild population.

"Our zoo team has proven expertise in caring for several endangered frog species, so we felt we could make a substantial contribution to this important conservation project," said Lindsey Galloway, Director of the Edmonton Valley Zoo. "Frogs play an important role in our ecosystems. One third of the world's amphibian species are at risk of extinction and by playing a role in this program, we can help one species recover."

In addition to the northern leopard frogs, the zoo is

home to 13 other species of amphibians.

"We started to care for amphibians in 2008 to bring attention to the biggest extinction event since the dinosaurs," said zookeeper Wayne Woods. "Since 2008 we have bred numerous species including the critically endangered golden mantella from Madagascar."

Northern leopard frog populations in western Canada declined sharply in the 1970s and are listed federally as an endangered species in British Columbia. This new Edmonton population will support the reintroduction breeding program, part of the British Columbia Northern Leopard Frog Recovery Team. In addition to the Edmonton Valley Zoo, the recovery team includes the Calgary Zoo,

the Vancouver Aquarium, local biologists, indigenous groups and representatives from the Government of British Columbia.

"Edmonton Valley Zoo is working hard to find new ways to help at-risk species," said Galloway. "Our goal is to inspire our 400,000 annual visitors to become advocates for conservation. In addition, we are home to 14 endangered species, such as Amur Tigers and Grevy's Zebra, and participate in Species Survival Plans that support genetic diversity. With this northern leopard frog program, we get to put animals back in the wild."

Frogs around the world are important indicators of wetland health. Frog species are very adaptable so when populations decline it is a sure sign



something is wrong in the ecosystem and other living things in the habitat may be in jeopardy. Northern leopard frogs are genetically distinct from other species found in

Canada and are vulnerable to habitat loss and disease. Two additional populations have already been reintroduced to the wild as part of the program.

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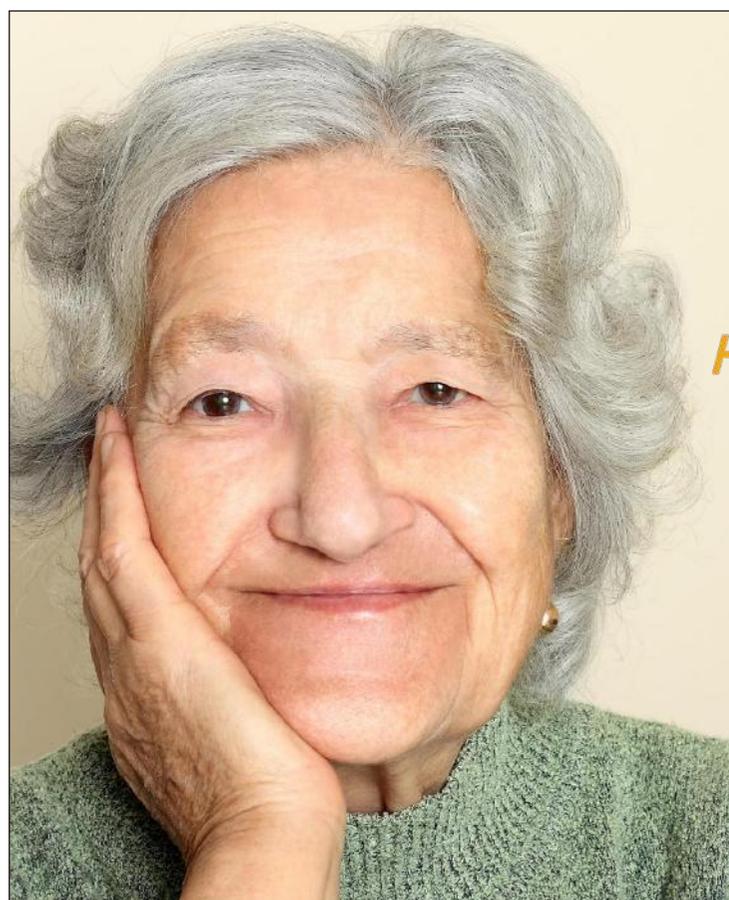
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